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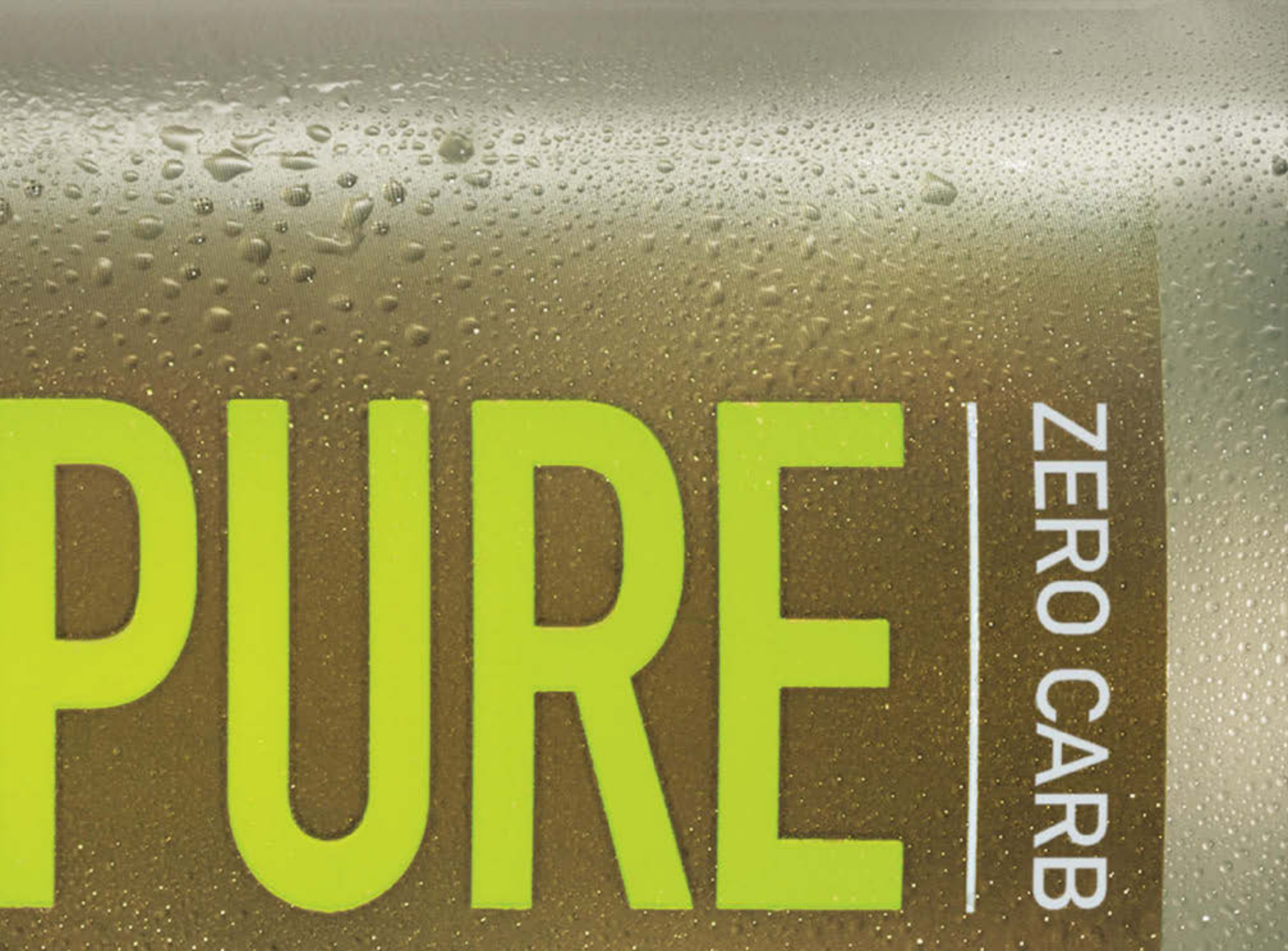
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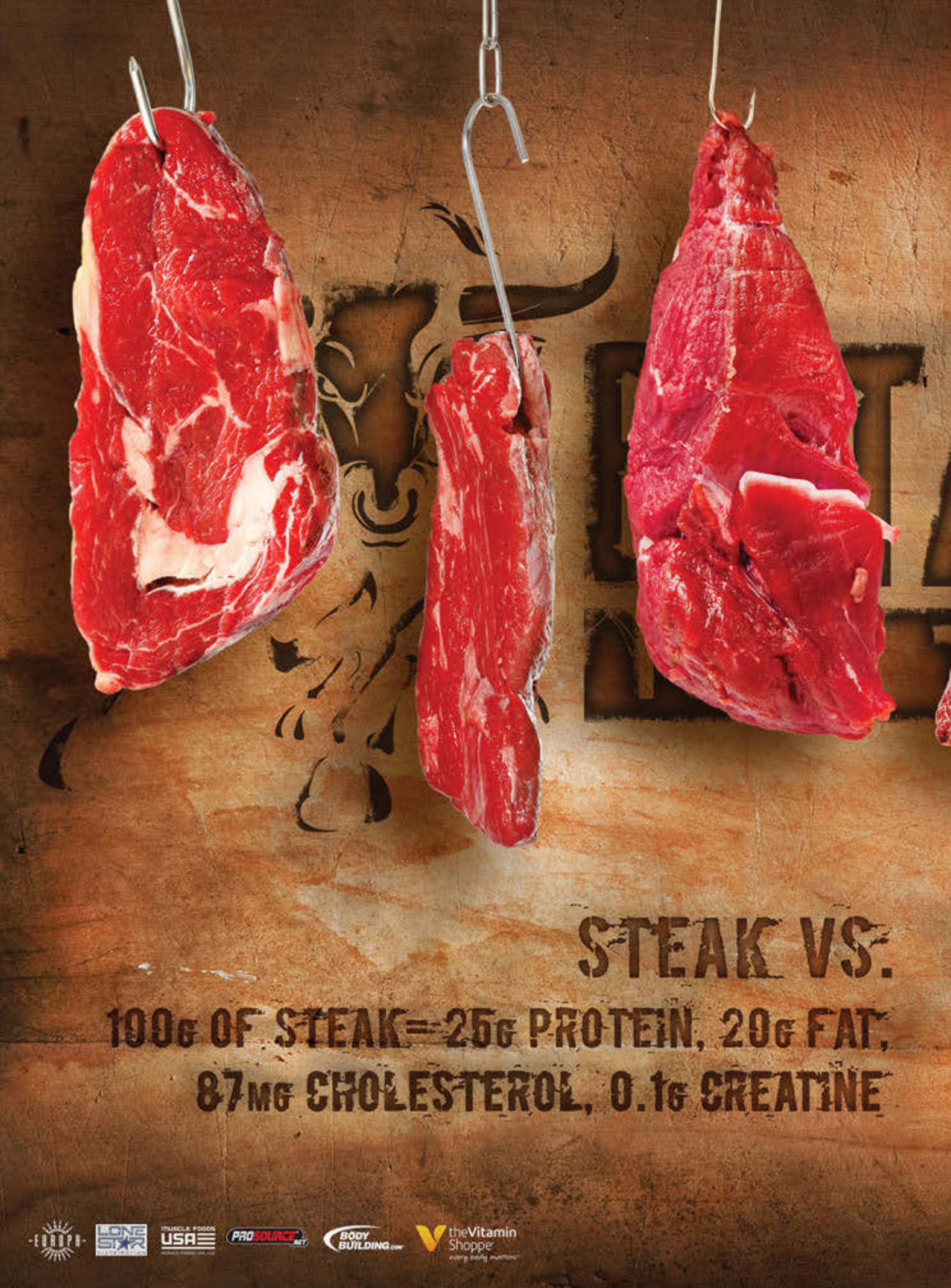
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NEW CLINICALLY TESTED T-BOMB 3XTREME

IT'S LIKE TESTOSTERONE ON TESTOSTERONE!



Pro-Testosterone Technology Alters Your Biochemistry For Explosive Gains In Muscle Mass!

The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new **Clinical Strength T-BOMB 3xtreme**!



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

– Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger!† The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for – scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen levels!†

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks. **Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!**

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- **Increased Muscle Mass and Strength**
- **Increased Protein Synthesis**
- **Increased Muscle Glycogen Synthesis**
- **Increased Sex Drive and Performance**

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone+
Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market!+ *(See Diagram #1)*

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG+
Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. **The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.+** Increased sex drive is another positive "side effect" you will experience. *(See Diagram #1)*

3.) Helps Stop Testosterone to Estrogen Conversion
Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. *(See Diagram #2, Figure A)*

4.) Blocks Estrogen Receptors
Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only testosterone – dominates your hormonal composition. *(See Diagram #2, Figure B)*

5.) Lowers the Conversion of Testosterone to DHT
Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! *(See Diagram #3)*

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!**

DIAGRAM 1
INCREASED FREE TESTOSTERONE*

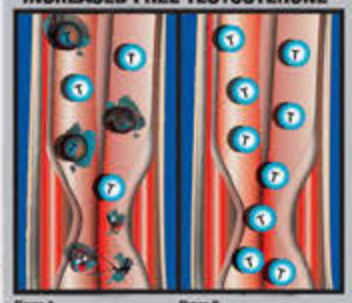


Figure A Figure B

Figure A illustrates what happens to 98% of your testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.+

DIAGRAM 2
TWO-STAGE ESTROGEN BLOCKER

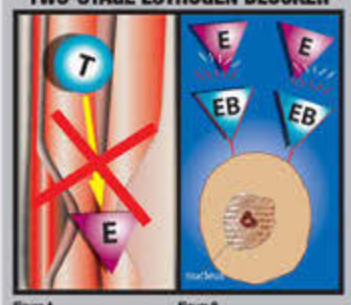


Figure A Figure B

Figure A. T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B. T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3
2ND MESSENGER AMPLIFIER

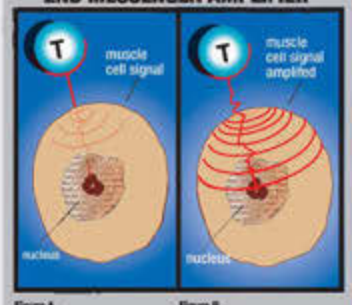


Figure A Figure B

Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B. T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

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+ Results based on use of Clinical Strength T-BOMB II versus Placebo. Sharp, M., et al., "Effects of T-BOMB II on Hormone Profiles in Resistance Trained Men," 2014, submitted for publication. **Must be returned within 30 days with sales receipt to point of purchase.



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The HIT philosophy of six-time Mr. Olympia Dorian Yates.

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SPRING FLING

TIME TO RAMP UP TRAINING AND NUTRITION TO SHOW OFF YOUR BEST PHYSIQUE

Welcome to the unofficial spring edition of FLEX magazine. Like many of you, I've patiently awaited its arrival, and now that it's here I plan to take full advantage of the warming trend. For me that means getting back into the swing of outdoor running, which is one of my favorite forms of exercise. For you, spring signals a three-month countdown to summer—the time of year when you'll have the chance to show off the fruits of all that hard work you put in at the gym these past two seasons.

As a FLEX reader you've unquestionably stayed committed to your training, through snow and wind and subfreezing temperatures. You can't be kept away from the work to be done to achieve your ultimate physique. And yet the longer days and warmer nights can't help but reenergize even the most dedicated of individuals. After all, driving to the gym is a far more appealing thought when that drive no longer requires snow chains and a spare bottle of antifreeze!

At FLEX we're ready for the change of seasons, and your newfound motivation, with a wealth of information and inspiration that will help to further fire up your training. In addition, now we have more nutrition articles than ever to give you simple, high-protein meal options to help fuel the muscles that will be turning heads on the beach and in the parks in just three short months.

And don't forget to check us out online at *FLEXonline.com*. With a recent redesign that's optimized both for desktop and mobile devices you can carry the best that FLEX has to offer right in your pocket. For those of you who, like me, enjoy your training outdoors, that can be very handy indeed.





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DISAPPEARING ACT

BUILD YOUR CHEST SO IT'S ALWAYS VISIBLE

"My chest flattens out completely when I raise my arms overhead. Is there any way to fix it?" –HENRY A., VIA FACEBOOK

I've known many bodybuilders with outstanding physiques whose careers were held back because of lackluster pec development. They looked barrel-chested when they performed most muscular poses, but when they raised their arms for a front double biceps or ab pose, their pecs did a disappearing act. I felt like telling them they should have entered a magic show instead—it was a real "now you see it, now you don't" effect.

Of course your pecs are going to elongate when you raise your arms, but truly dense, powerful pectoral muscles don't vanish outright. They should still be thick under the clavicle by the shoulder and slope downward to the solar plexus. Look at Steve Reeves' chest, or Reg Park's, or mine—our pecs still looked well developed even when we hit poses that weren't intended to feature them.

The solution to the problem is simply being more thorough with your chest training. You have to work the pecs at a variety of angles. Try this: Do three sets of presses on a 15-degree incline. Then three sets at 30 degrees. Continue at 45 degrees and then 60 degrees. This approach hits every possible pec fiber for complete development. Stick with this and people won't believe their eyes when they see your chest—not because it suddenly disappeared, but because they can't miss it.

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5 THINGS TO KNOW THIS MONTH

HIT LIST

PLAY

MORTAL KOMBAT X

Featuring stunning graphics and new characters, the 10th installment of the gory video game promises to bring the pain. **April 14**





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NEWS

31%

A recent *Annals of Nutrition & Metabolism* study found that guys who ate oatmeal for breakfast consumed **31% fewer calories** during lunch than those who ate cornflakes in the morning.



WATCH

FURIOUS 7

Starring Vin Diesel, Dwayne "the Rock" Johnson, Jason Statham, and the late Paul Walker, the action-packed film continues the storied *Fast & Furious* legacy. April 3



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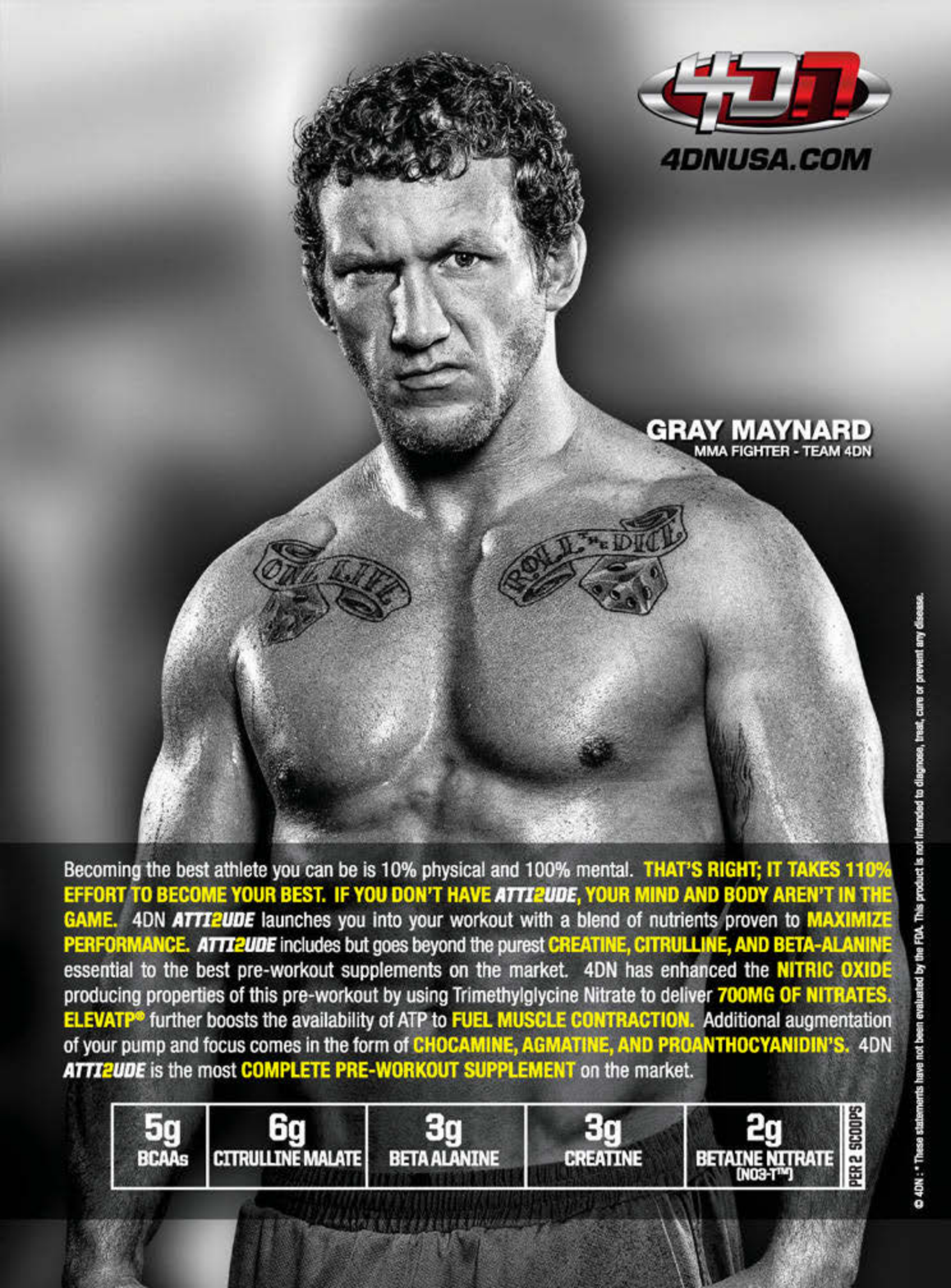
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BUSTED

KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff – I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie Generation Iron and the scene in Kai's kitchen where they showed Kai's muscle building arsenal – bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive plasma post-workout formula of its kind – SECRET SAUCE.



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*!





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EMP POWERED

SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!



The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolity and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

THE WORLD'S FIRST BIOACTIVE PLASMA POST-WORKOUT FORMULA WITH BOVINE SERUM ALBUMIN

5g BSA Bioactive Peptides & Growth Factors
5g Leucine Loaded 10:1:1 BCAAs
50g iSpike Reactive Carb System
5g Power-AMP Cre3 Creatine Complex

"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product – and 'keeping it a secret' – it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen." – KAI GREENE, 2x Arnold Classic Champion

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OPPOSITES ATTRACT

DIVE IN TO THIS FOUR-WEEK SUPERSET PROGRAM FOR SERIOUS SIZE (FEATURING THE 2008 MR. OLYMPIA,DEXTER JACKSON)



PAVEL YTHJALL

BY DAVID SANDLER





"The split is scheduled so that all the upper-body training hits the weekend, so you can strut around stacked, pumped, and in charge."

A superset is a pair of exercises performed one after another with little or no rest between sets. Immediately upon the completion of your set of reps, you move to the next exercise in the sequence. From that point, you either rest and repeat the sequence or go to another exercise. While you have probably done this type of training before on specific body parts, when applied for a complete cycle of the entire body over several weeks, the results can provide the solid gains that have been eluding you.

Also, instead of just using the push-pull or antagonistic method for the arms, you are going to build an entire routine out of a single concept and push your limits. Your workouts will alternate between longer, heavy-duty, big-set training days and quicker, intense-drive-set training days. By the end of the week you will have hit every muscle fiber at every angle, bringing about maximal muscle recruitment and laying down the foundation for long-term gains.

YES, STRENGTH DOES BUILD SIZE

The strength vs. size debate continues to push the envelope in determining the best course of action for developing a killer training program. Intuition would automatically suggest stronger equals bigger, but practice has shown otherwise. Mass is a term that has had a tough fate when it comes to finding its true home. Mass may be more closely related with size than it is with strength. Strength, however, reigns as king when it comes to dominance in the weight room

PAVEL YTHALL

and supersedes all other training adaptations in terms of immediate results. You will notice gains in strength far before those seen in size. And, if you continue to build strength, when looking to build size, you will be able to handle a greater load than you were able to before, thus increasing your overall total volume per training session. This means size, mass, or whatever you want to call freaky big muscles, will come steadily. To optimally build thick muscles, you need to incorporate a variety of styles that attack both strength and size so that neither gets left behind.

PUTTING THE "SUPER" IN SUPERSETS

Typically, supersets are performed with antagonistic exercises, but you could make the second exercise one that uses the same muscle group. And, technically speaking, a dropset or a pre-exhaust or post-exhaust pair of exercises could also be considered a superset. For the purpose of our training protocol, however, we are going to purposely train antagonistic muscle groups by alternating between exercises that specifically address key muscles. But since we want entire body thickness and size, this program ups the ante by hitting muscles at a variety of angles across several different pulling and pushing sequences. This way, no stone is left unturned, or better put, no muscle is left to question whether or not it will get hit; it definitely will.

Since most of you have probably applied the push-pull or antagonistic training approach to the smaller muscle groups such as the arms, you are probably well aware that continual supersets with minimal rest can quickly lead to exhaustion. When expanding the methodology to larger muscles, fatigue—in the form of lactic acid burning—quickly supervenes and needs to be considered. To this end, approach this program with caution if expecting to perform large volume in a short period of time.

Having said that, there are two different approaches to the same muscle group combinations each week. The intent is to improve blood flow, increase pumps, and attack the volume that is needed to invoke serious muscle growth. By alternating workouts each week, you invoke the release of key hormones that activate and accelerate muscle growth, as well as improve your ability to handle volume against a faster pace. And the fact that you get a killer pump while doing this certainly doesn't hurt this equation for building optimal muscle size.

OLD METHODOLOGY, NEW APPLICATION

You already know that repeated stress, heavy-duty lifting, and big volume cause muscle size and strength to improve. You want to match your muscle-building hormone response with proper recovery so that you can continue building rock-hard muscle.

Suffice it to say that by using the multifaceted approach of heavy and light alternating sessions, you get the benefit of volume-related hormonal changes with respect to improved growth hormone response, and with repeated hammering on the same muscles, the continued increase in testosterone will provide maintenance and growth support.

But perhaps even more important is the fact that doing the same routine day in and day out not only gets stale and causes plateaus, it may also normalize testosterone and growth hormone release. Thus, supercharging your workouts with this antagonistic approach in and of itself, makes sense—old methodology, new application, increased challenge to muscles, greater growth.

TRAINING SPLIT

DAY 1 Quads, hams, calves, abs	DAY 4 Quads, hams, calves, abs
DAY 2 Chest, back, traps	DAY 5 Chest, back, traps
DAY 3 Shoulders, triceps, biceps	DAY 6 Shoulders, triceps, biceps
	DAY 7 Rest

TRAINING PROTOCOLS

Each muscle group will get the benefit of your tyranny twice per week, and volume will be adjusted for optimal recovery

ROUND 1

- **The first workouts of the week will be a heavy-duty, all-out assault.**
- **Complete all the sets and reps of a single exercise, taking every set to or near failure, then swap body parts for the next exercise for its full set and rep scheme.**
- **Take sufficient breaks to build up your strength, but rather than continue to work that same muscle group again as in a traditional body-part workout, switch to the antagonist muscle. Once you complete that exercise, go back to the first muscle group and continue the cycle. The idea is to completely blast the muscle(s) via that particular exercise before attacking its antagonist partner.**

ROUND 2

- **The second workouts of the week will be lighter, high-set, fatigue-inducing punishment.**
- **Focus is on traditional superset/triset style workouts with no rest between exercises until all the exercises of the superset (or triset) are complete.**
- **The split is scheduled so that all the upper-body training hits the weekend so you can strut around stacked, pumped, and in charge.**

ROUND 1

OPPOSITES ATTRACT WORKOUT

DAY 1 QUADS/HAMS/CALVES/ABS

EXERCISE	SETS	REPS	REST
Squat	4	8	2–2½ min.
Lying Leg Curl	4	8	2–2½ min.
Standing Calf Raise	4	8	2–2½ min.
Leg Press	3	10	2 min.
Straight-leg Deadlift	3	10	2 min.
Seated Calf Raise	3	10	2 min.
Decline Weighted Crunch	4	10	2 min.
Single-leg Extension	4	12	1½–2 min.
Seated Single-leg Curl	4	12	1½–2 min.
Hanging Leg Raise	4	12	1½–2 min.

*Complete all sets for each exercise before moving to next exercise.

DAY 2 CHEST/BACK/TRAPS

EXERCISE	SETS	REPS	REST
Bench Press	4	8	2–2½ min.
Lat Pulldown (wide grip)	4	8	2–2½ min.
Dumbbell Shrug	4	8	2–2½ min.
Incline Dumbbell Press	3	10	2 min.
Lat Pulldown (palms in)	3	10	2 min.
Upright Row	3	10	2 min.
Machine Flye	4	12	1½–2 min.
Seated Cable Row	4	12	1½–2 min.
Barbell Shrug	4	12	1½–2 min.
Cable Crossover	3	12	1½–2 min.
Straight-arm Pulldown	3	12	1½–2 min.
Bentover Lateral Raise	3	12	1½–2 min.

*Complete all sets for each exercise before moving to next exercise.

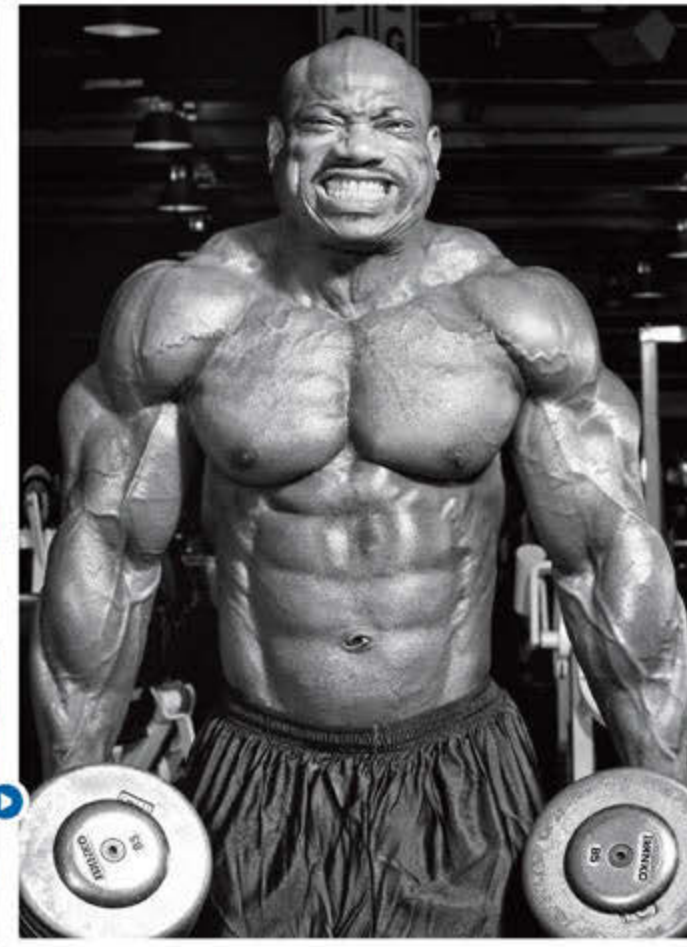


First, blast the bench press to hit the entire pectoral region.



Follow that with lat pulldowns for a superwide back.

And, finally, grab a pair of heavy dumbbells for gorilla-size traps.



JASON BREEZE; KEVIN HORTON; PAVEL YTHJALL

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Start with lateral raises to cap the side delts.

Then fry your tri's with pushdowns.

Finally, blitz your biceps with preacher curls.

DAY 3 SHOULDERS/TRICEPS/BICEPS

EXERCISE	SETS	REPS	REST
Barbell Overhead Press	4	8	2–2½ min.
Skull Crusher	4	8	2–2½ min.
Barbell Curl	4	8	2–2½ min.
Lateral Raise	3	10	2 min.
Pushdown	3	10	2 min.
Preacher Curl	4	12	1½–2 min.
Dumbbell Front Raise	4	12	1½–2 min.
Seated Overhead Extension	4	12	1½–2 min.
Seated Alternating Dumbbell Curl	4	12	1½–2 min.

*Complete all sets for each exercise before moving to next exercise.

"HIT EVERY MUSCLE FIBER AT EVERY ANGLE FOR MAXIMAL MUSCLE RECRUITMENT."

PAVEL YTHJALL; ALEX ARDENTI; KEVIN HORTON

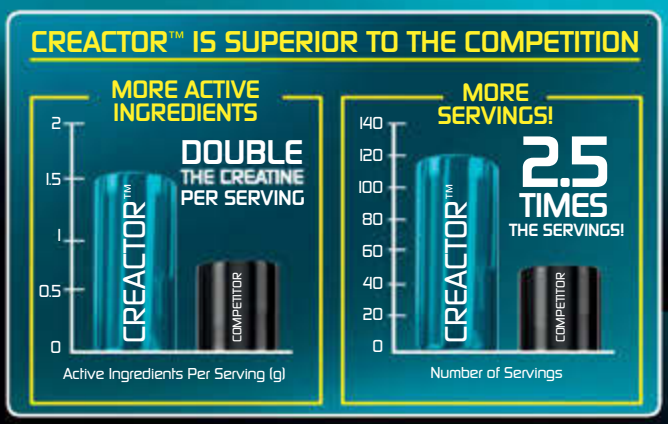
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Contains zero fillers, carbs, sugar or fat!

20% MORE MUSCLE CREATINE
†Research from The University of Nottingham has shown that 3g of creatine per day can boost muscle creatine concentration by 20% in 28 days

120 SERVINGS
More than double the servings of the competition

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ROUND 2

OPPOSITES ATTRACT WORKOUT





EXERCISE	SETS	REPS	REST
Squat triset with Leg Extension Seated Leg Curl	4	12	3 min.
Standing Calf Raise superset with Decline Situp (weighted)	3	15	2 min.
Leg Press triset with Hack Squat Lying Leg Curl	3	10	3 min.
Seated Calf Raise superset with Twisting Crunch	4	15	2 min.
Front Squat (Smith Machine) triset with Single-leg Standing Leg Curl Rope Ab Crunch	4	10	2½ min.

NOTE Exercises that are grouped together are performed one after another with minimal rest after all of the reps for the set are completed. Rest the prescribed time before continuing back through the group of exercises until all of the sets are complete. Then move to the next group.



First, squats for monster thighs.

Then leg extensions for added shape.

And finish with seated leg curls.

SUPPLEMENT SUPPORT SYSTEM

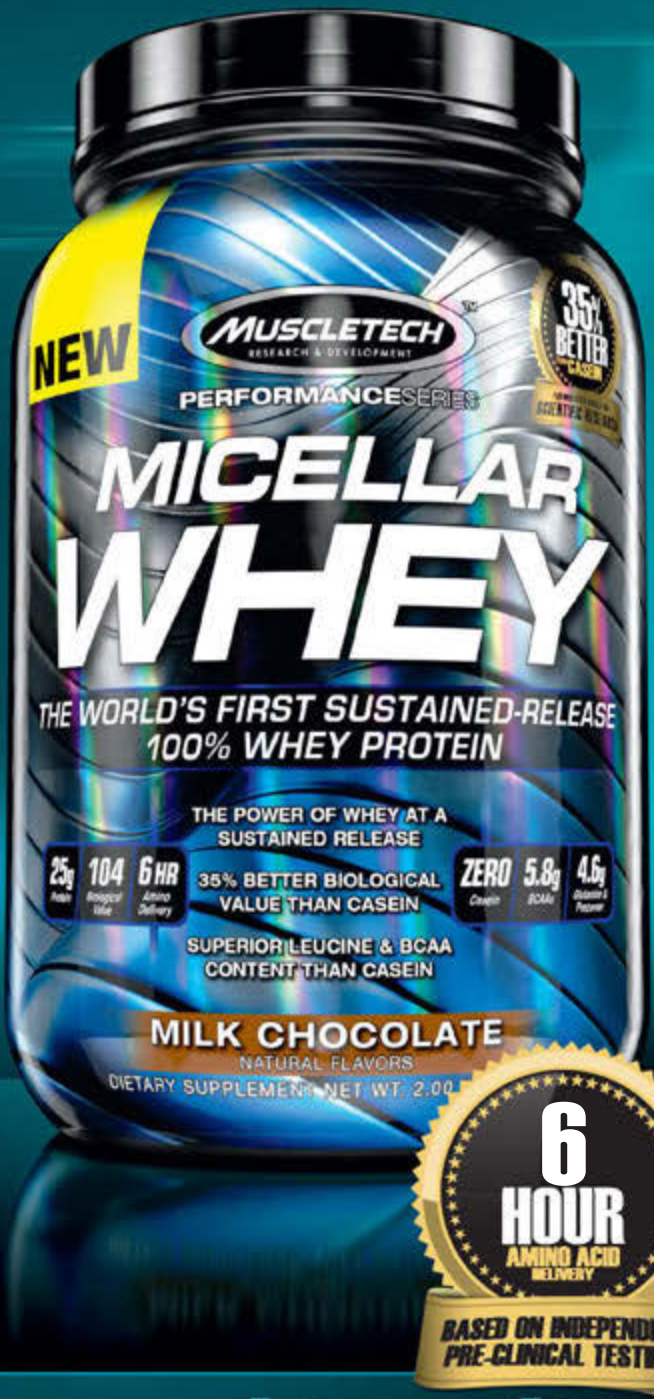
■ To ensure you're able to keep up the torrid pace and are taking in the necessary nutrition for maximum growth and recovery, consume a solid spattering of amino acids on both the front and back ends of your workout, creatine at either side of your battle, and beta-alanine (to combat the buildup of lactic acid) pre-workout. Knock back a few shots of additional protein throughout the day to provide the support you need to combat this abusive training method. Throw in a test booster for additional strength aid, and you'll be ready to blast through your workouts.

CHRIS LUND; KEVIN HORTON; PAVEL YTHJALL

INTRODUCING MICELLAR WHEY:

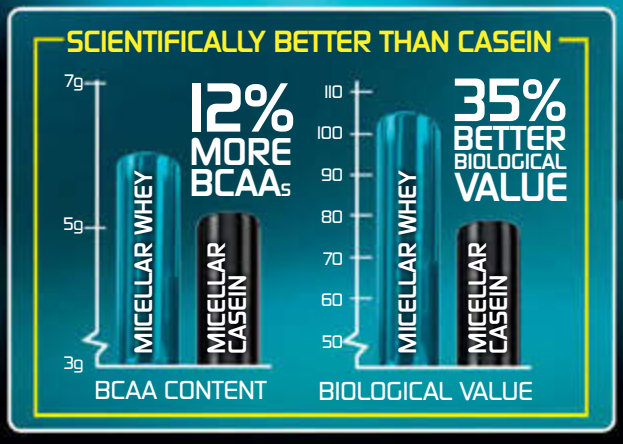
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35% BETTER THAN CASEIN



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104 BIOLOGICAL VALUE
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6 HOURS AMINO ACID DELIVERY
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5.8G BCAAS
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4.6G GLUTAMINE & PRECURSOR
Delivers the amino acid glutamine and its precursor to promote recovery after hard training

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DAY 5 CHEST/BACK/TRAPS

EXERCISE	SETS	REPS	REST
Flat Dumbbell Press triset with Seated Cable Wide-grip High Row Dumbbell Shrug	4	12	3 min.
Incline Press triset with Lat Pulldown Bentover Lateral Raise	3	10	2–2½ min.
Incline Flye triset with Seated Cable Low Row Dumbbell Shrug	3	12	2–2½ min.
Decline Dumbbell Press triset with Chinup (palmsfacing in) Upright Row	4	10	2–2½ min.

NOTE Exercises that are grouped together are performed one after another with minimal rest after all of the reps for the set are completed. Rest the prescribed time before continuing back through the group of exercises until all of the sets are complete. Then move to the next group.



DAY 6 SHOULDERS/TRICEPS/BICEPS

EXERCISE	SETS	REPS	REST
Dumbbell Press triset with Dumbbell Skull Crusher Barbell Curl	4	12	3 min.
Cable Lateral Raise triset with Rope Pushdown Cable Curl	3	10	2–2½ min.
Cable Front Raise triset with Overhead Rope Extension Single-arm Preacher Curl	3	12	2–2½ min.
Bentover Lateral Raise triset with Seated Dumbbell Extension Seated Dumbbell Curl	4	10	2–2½ min.

*See note above.

ROWS ARE A MUST-DO FOR A THICK BACK.

CHARLES LOWTHIAN; KEVIN HORTON

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RESEARCH & DEVELOPMENT

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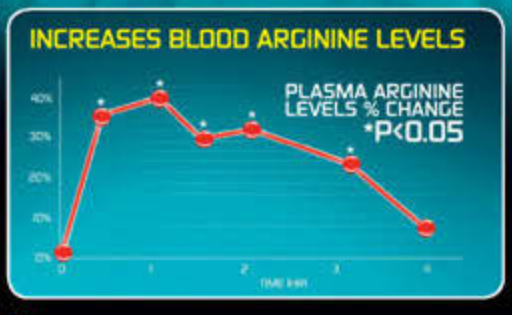
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THE ANARCHY ADVANTAGE

	ANARCHY	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Beta-alanine	3.2g	3g	Zero	2g
Caffeine	380mg	270mg	Undisclosed Amount	Undisclosed Amount
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
Yohimbe extract	40mg	Zero	Undisclosed Amount	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero

*Amounts displayed in chart are based on a full dose.

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Korbie Nitiforo is a Team Body Fortress® sponsored athlete.

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1ST SET

Mr. O Phil Heath reveals how many reps to do per set. (Hint: a lot.)
PAGE 52

Frequent-flier **Flex Lewis** offers tips for avoiding jet lag while traveling.
PAGE 54

Who was the more dominant Ms. Olympia winner: **Iris Kyle** or **Lenda Murray**?
PAGE 58

Jay Cutler explains why you should build stronger forearms.
PAGE 60

How **Markus Rühl** got so freakishly huge.
PAGE 62



ISAAC HINDS

PAGE 56

LIFE'S A BEACH

NOY ALEXANDER SIZZLES ON THE SAND.

BY PHIL HEATH, FOUR-TIME REIGNING MR. OLYMPIA

DAMN STRAIGHT

WHY I PREFER STICKING TO STRAIGHT SETS



Q **I've read that pyramiding my sets is the way to go. But I've also noticed that some guys stick with the same weight for all of their sets. Which is more effective?**

I prefer to do straight sets in the 10- to 12-rep range. For a pyramid set, you start using a lighter weight and executing many reps. After that set is complete, you move onto the next set, where you use a heavier weight and perform fewer reps. It's a good way to warm up, especially on your first exercise for a body part.

With warmups and techniques like pre-exhaust, I can go into my heaviest set right away. If the weight is too light–and if I can get more than 12 reps, it is–I increase the weight for the subsequent sets. I'm always aiming for at least 10 reps. So I'm not going heavier and doing fewer reps set after set. I'd rather spend energy on my actual work sets.

ASK PHIL

Got a question? Go to *FLEXonline.com/askexperts.*

GOING GLOBAL

Think it's a piece of cake being Mr. Olympia? Think again! Here's a snapshot of Heath's itinerary for the next two months. Based on this schedule, and assuming he travels directly from the city of one event to the city of the next, Heath will be logging in at least **20,000 miles of travel.**

MARCH 28
Phil Heath Classic; Houston, TX

APRIL 4
St. Louis Pro; St. Louis, MO

APRIL 11-12
FIBO; Cologne, Germany

APRIL 25
Grand Prix France; Lavelanet, France

MAY 2
Pittsburgh Championships; Pittsburgh, PA

MAY 3
Chicago Fit Expo; Chicago, IL

MAY 16
BodyPower; Birmingham, U.K.

MAY 30-31
Arnold Classic Brasil; Rio de Janeiro, Brazil

CHARLES LOWTHIAN

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BY FLEX LEWIS, THREE-TIME OLYMPIA 212 SHOWDOWN WINNER



TRAVEL PLAN

COMBAT JET LAG AT THE GYM

Q How do you lessen the impact air travel has on your body following a long flight?

It's all about planning ahead! I usually board a plane with two meals. (One is a backup in case we're delayed in the air.) After the plane lands I'll look to put another meal in me before getting to a gym as soon as possible. Training helps me shake off the jet lag.

However, in a lot of countries, even though BSN supps are not an issue, some foods won't make it past airport screeners because of various regulations.

There was a time when I relied on the best intentions of others to make sure I had a meal waiting for me when I landed. But that was a hit-or-miss proposition, and one that often, even with their best intentions, ended up crashing and burning because the people who prepared the meals weren't aware of my dietary needs. Now I'm fortunate enough to work with sponsors who ensure that I have precisely what I need waiting for me when the plane touches ground.

ASK FLEX

Got a question? Go to *FLEXonline.com/askexperts.*



JUNE CLASSIC

AMATEUR ATHLETES FLEX THEIR MUSCLES

Returning on June 19–20 to Murfreesboro, TN, for its fifth rendition is the **BSN Flex Lewis Classic NPC Bodybuilding Championships.** Presented by Flex Lewis and Olympus Athletic Club owner and contest promoter Sean Barber, this national qualifier contest will include bodybuilding, figure, bikini, and men's and women's physique for competitors in open, novice, masters, and teen classes. For contest information, entry forms, show and ticket information, and more, visit *flexlewisclassic.com.*

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ALEXANDER THE GREAT

HERE ARE 11 THINGS YOU MIGHT NOT KNOW ABOUT IFBB BIKINI PRO NOY ALEXANDER

1 There's no way around doing cardio when you're a competitor. And I loathe cardio.

2 If you're thinking of competing in the NPC, do your homework. You'll be investing a big portion of your life in that goal, so it pays to learn about the sport to gain an edge.

3 I started weight training at 16 years old because I wasn't good at sports. Weightlifting allowed me to pursue my athletic side.

4 A common misconception people outside of the fitness industry have about bikini competitors is that we all stay lean by eating a lettuce-only diet.

5 I'm inspired to achieve success because nothing in my life has ever been handed to me.

6 The squat and deadlift are still my fundamental compounds for hypertrophy. But these days, I incorporate more specific isolation movements as well.

7 The mental aspect of competing is the main component often overlooked by newcomers.

8 My go-to cheat meal is a six-ounce Angus burger with cheddar cheese, mayo, ketchup, onion, tomato, lettuce, and sweet potato fries. Oh, and two Boston cream pie doughnuts. That's all.

9 I nearly gave up competing after the 2014 Bikini Olympia. My mind changed when I looked at my pictures. Afterward, I was hungry to make improvements for 2015.

10 Three common questions newbies ask me: 1) When will I see results? 2) What do I eat? 3) Will I get too muscular?

11

"WHEN IT'S TIME TO TRANSITION TO COMPETITION MODE **I FIRE MYSELF UP** BY LOOKING AT PREVIOUS COMPETITION PICTURES AND NOTING THE AREAS THAT NEED IMPROVEMENT."



PHOTOGRAPHY BY ISAAC HINDS

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KYLE vs. MURRAY

SHE WON TWO MORE MS. OLYMPIA TITLES, BUT DID IRIS KYLE TRULY SURPASS LENDA MURRAY?

Kill your idols, as the punk rockers say. Lenda Murray was Iris Kyle's idol. When Murray retired after the 1997 Ms. Olympia with a record-tying six Ms. O titles, Kyle was still in the NPC. It seemed the amateur's dream of posing with the legend would remain just that. But be careful what you wish for. In 2002, when Kyle was the favorite to take the top Ms. Olympia prize (she had won the heavyweight class the year prior), Murray, at 40, returned to relegate Kyle to second. When those places repeated the following year, Murray pushed her Ms. O title record to eight. Finally, in 2004, Kyle beat her idol. Murray then re-retired.

In 2006, Kyle began her title run, winning nine O's in a row and topping Murray's record with 10 Ms. Olympia victories before announcing her retirement last September. In the final tally, Kyle has two more Ms. Olympia wins, but Murray has a better win percentage and head-to-head score. Kyle's calves were far superior, but Murray maintained a greater V-taper. Kyle achieved freakier conditioning, but Murray sported more pleasing aesthetics. Four years ago, the eight-timer opined that the now-10-timer had "sacrificed her look as a woman," fueling a debate that continues to burn. Lenda Murray is no longer Iris Kyle's idol, so in that respect Kyle "killed" her. But did she truly surpass her?



HEAD-TO- HEAD RECORD
MURRAY 2
KYLE 1

KYLE
- 16 Years as Pro
- 17 Pro Wins
- 30 Pro Contests
- 5'7" Height
- 160 Weight
- 40 Age

KYLE BREAKDOWN

Strengths **Calves, back muscularity, biceps**
Weaknesses **Abs**
Best pose **Rear double biceps**
Worst pose **Abs and thigh**



BILL COMSTOCK

BY GREG MERRITT



MURRAY

11 Years as Pro

8 Pro Wins

11 Pro Contests

5'5" Height

150 Weight

53 Age

MURRAY BREAKDOWN

Strengths **Thigh separation, back width, delts**

Weaknesses **Calves**

Best pose **Front lat spread**

Worst pose **Side triceps**



KEVIN HORTON

WE'VE GOT ONE WORD FOR PROTEIN



IT'S CALLED PROTEIN

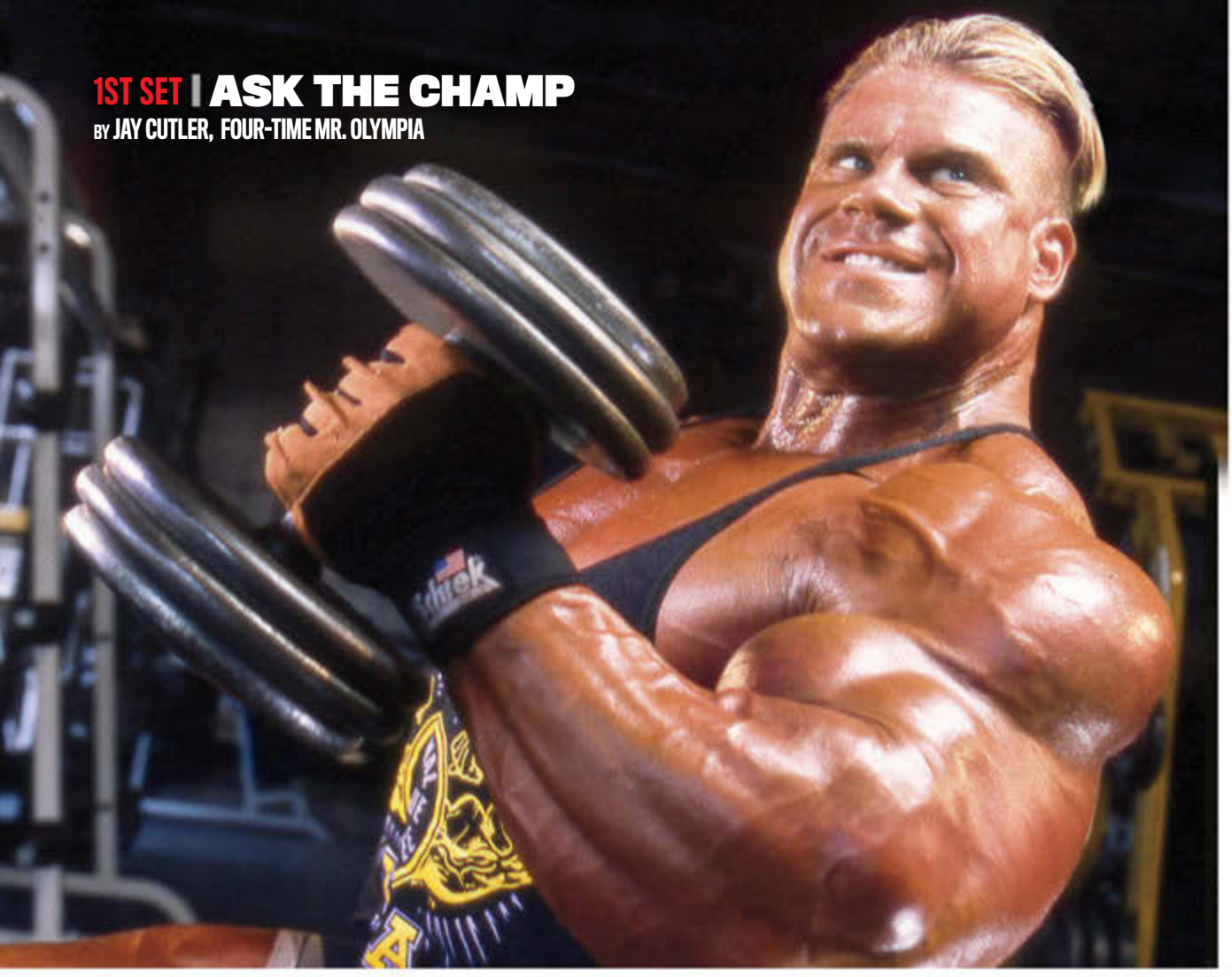
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BY JAY CUTLER, FOUR-TIME MR. OLYMPIA



FOREARMED AND DANGEROUS

WHY POPEYE-SIZE FOREARMS ARE A BENEFIT IN THE GYM

Q Someone told me that weak forearms can be a liability in developing other muscles. Is that true? Also, any tips for building forearms would be great.

The forearms are utilized in many exercises, including the bench press, deadlift, and barbell row. Strong forearms translate to stronger grip strength. This can allow you to squeeze harder, engage more muscles, and generate more force during your workouts.

The flip side is that when forearms or wrists are underdeveloped or weak, it can limit how hard you're able to train other body parts. For example, if you're unsteady at the bench press or deadlift, extra forearm and biceps work can be the prescription that provides increased stability.

That said, growing your forearms can be challenging. Lucky for you, there are a handful of exercises to assist your forearm development. These movements are typically reserved for my biceps training days and are performed after the biceps routine has been completed.

ASK JAY

Got a question? Go to *FLEXonline.com/askexperts.*

CUTLER'S FOREARM ROUTINE

EXERCISE	SETS	REPS
Behind-the-back Barbell Wrist Curl	3	12
Standing Reverse-grip Wrist Curl	3	12
Reverse Cambered-bar Curl or Hammer Dumbbell Curl	3	12

CHRIS LUND

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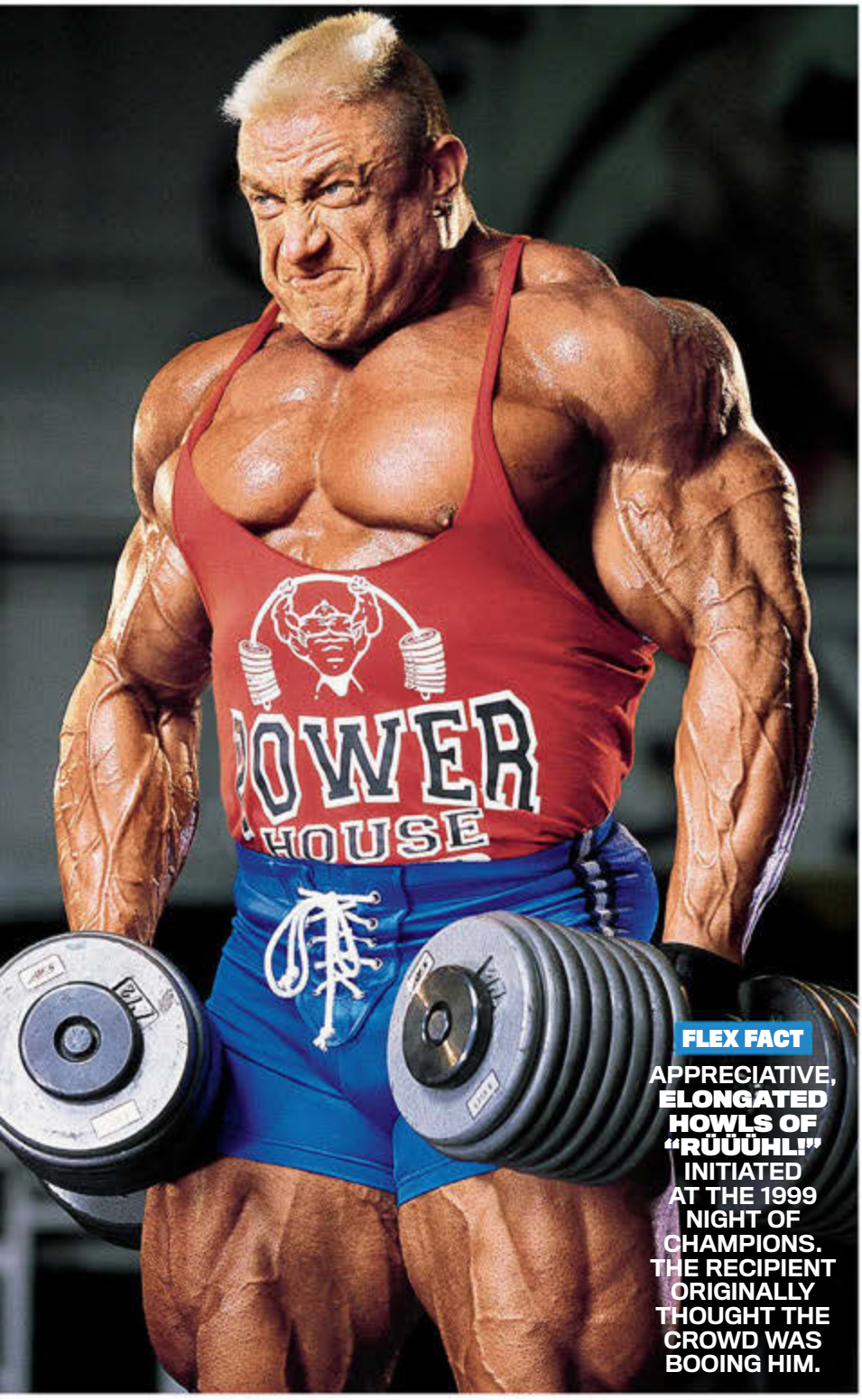
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YOU CAN'T FAKE STRONG™

BY GREG MERRITT



FLEX FACT

APPRECIATIVE, **ELONGATED HOWLS OF "RÜÜÜHL!"** INITIATED AT THE 1999 NIGHT OF CHAMPIONS. THE RECIPIENT ORIGINALLY THOUGHT THE CROWD WAS BOOING HIM.

MARKUS RÜHL

THE GERMAN MASS MONSTER WHO BECAME A FAN-FAVORITE SENSATION

"I like being a freak. It's a compliment when people go 'ooh' and 'aah' seeing my size." So said Markus Rühl a few months before he finished fifth in the 2004 Mr. Olympia. Usually, those people weren't saying, "Ooh." They were saying, "Rüüühl!" The German Rühl was immensely popular with fans, if not judges, for his unabashed quest to cram as much mass as possible onto his wide, 5'10" frame. A late starter but fast riser, he didn't begin serious workouts until he was a skinny 20-year-old, but five years later he flexed in his first pro contest.

Rühl won only two shows in his 14-year (1997–2010), 32-contest IFBB Pro League career, and that aforementioned fifth was his sole Olympia top-six finish in nine attempts. Still, for several years, he rivaled Ronnie Coleman and Jay Cutler for loudest crowd reaction whenever he crunched out his frighteningly colossal most muscular. In his final contests, Rühl was hampered by torn parts. But at his 280-pound peak, he was the dictionary definition of a mass monster. His physique wasn't pretty, but for sheer, scary size, Rühl ranks as one of the best—and most popular—bodybuilders of all time.

RÜHL ON TRAPS TRAINING

"With barbell shrugs, you pull your shoulders up but also slightly back. I prefer machine shrugs [with two parallel handles] and dumbbell shrugs because you pull your shoulders only straight up. You don't waste any motion."

"My traps also get hit with such exercises as upright rows, deadlifts, shoulder presses, and even squats."

"Some people work traps with back, but I prefer to hit mine after delts."

RÜHL'S TRAPS ROUTINE

EXERCISE	SETS	REPS
Dumbbell Shrug	3	10–12
Machine Shrug	3	10–12

CHRIS LUND


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Take your training to another level. Every time you hit the gym, field, court or stage, the clinically dosed ingredients in OUTLIFT will not only increase your energy level…they will elevate athletic performance, enhance muscle pump and prevent muscle fatigue allowing you to get better results. OUTLIFT lets you start STRONG and finish STRONGER!
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Whey HD™ is your go-to powerhouse protein, that contains the perfect blend of high-quality whey proteins, without the unwanted fillers, or excess carbs and fats. If it has a BPI label on it, you can rest assured that what's listed in our ingredients is what is inside our products. Nothing less, nothing more.

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***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



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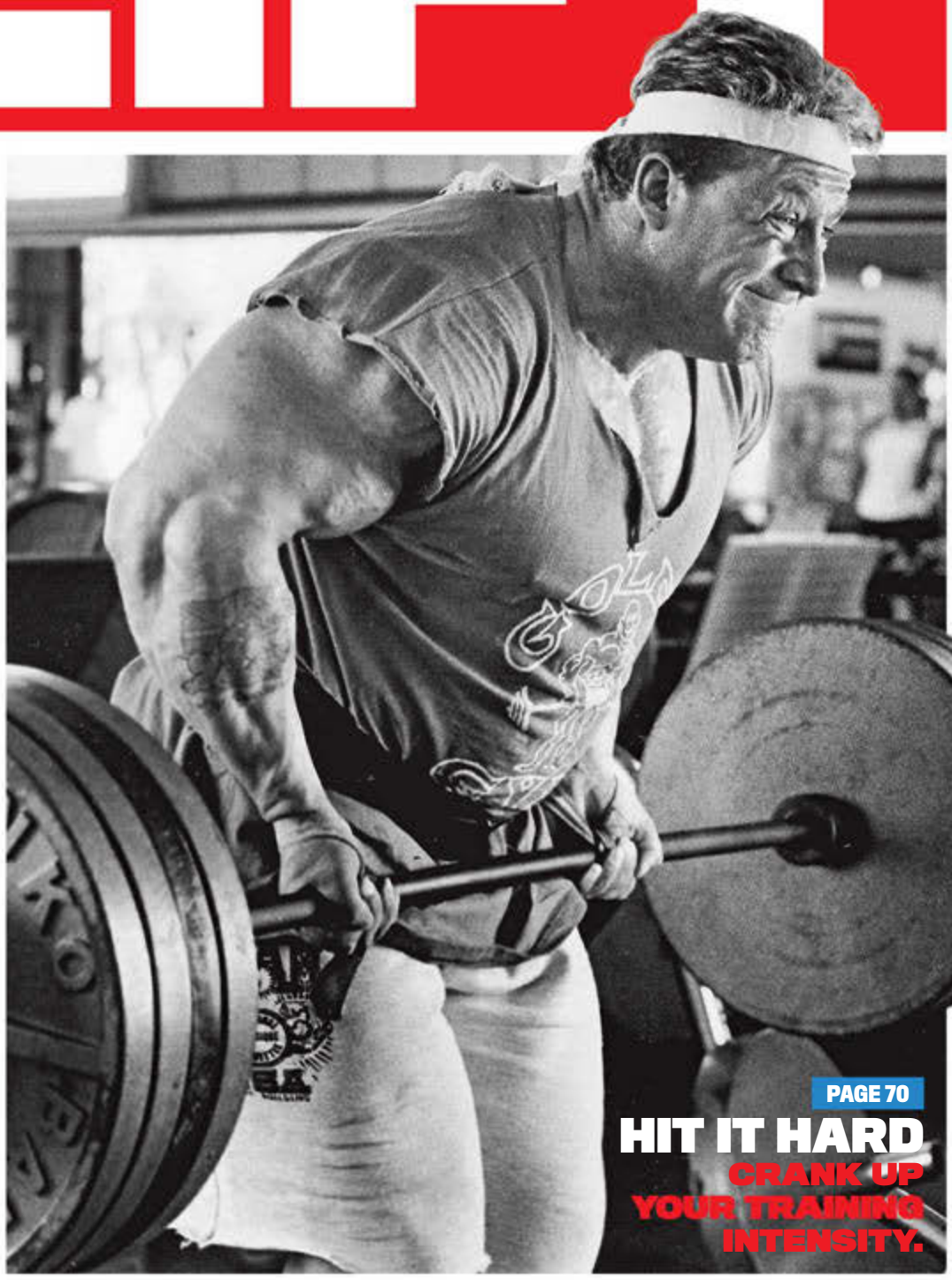
LIFT

Why **isolation movements** aren't as beneficial for newbies who seek serious muscle gains.
PAGE 76

Strongman **Brian Shaw**'s insight on motivation will set a fire in your six-pack.
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Should you do **cardio** before or after hitting the weights? The answer might surprise you.
PAGE 80

How a **wide grip** on lat pulldowns and rows translates to a wider back.
PAGE 82



PAGE 70

HIT IT HARD

CRANK UP YOUR TRAINING INTENSITY.

CHRIS LUND

BY GREG MERRITT

THE YATES WAY

THE HIT PHILOSOPHY OF SIX-TIME MR. OLYMPIA DORIAN YATES

Without Dorian Yates, high-intensity training (HIT) may have ended up as just another dusty relic of the '70s like mood rings or beanbags. Lee Labrada did a modified version of HIT in the '80s, but he was celebrated for his aesthetics, not his warlike workouts. It took a one-man "British Invasion" to once again make HIT relevant. During Yates' six-year Mr. Olympia run (1992-97), high intensity reached a new level of acclaim and influence. In the final chapter of our three-part HIT series, we examine Yates' version of HIT and see how it continues to shape bodybuilding workouts today.

THE HIT MAN

Before 21-year-old Dorian Yates picked up weights in 1983, he picked up books, reading all he could about training science. It was Mike Mentzer's *Heavy Duty* that won over the Englishman.

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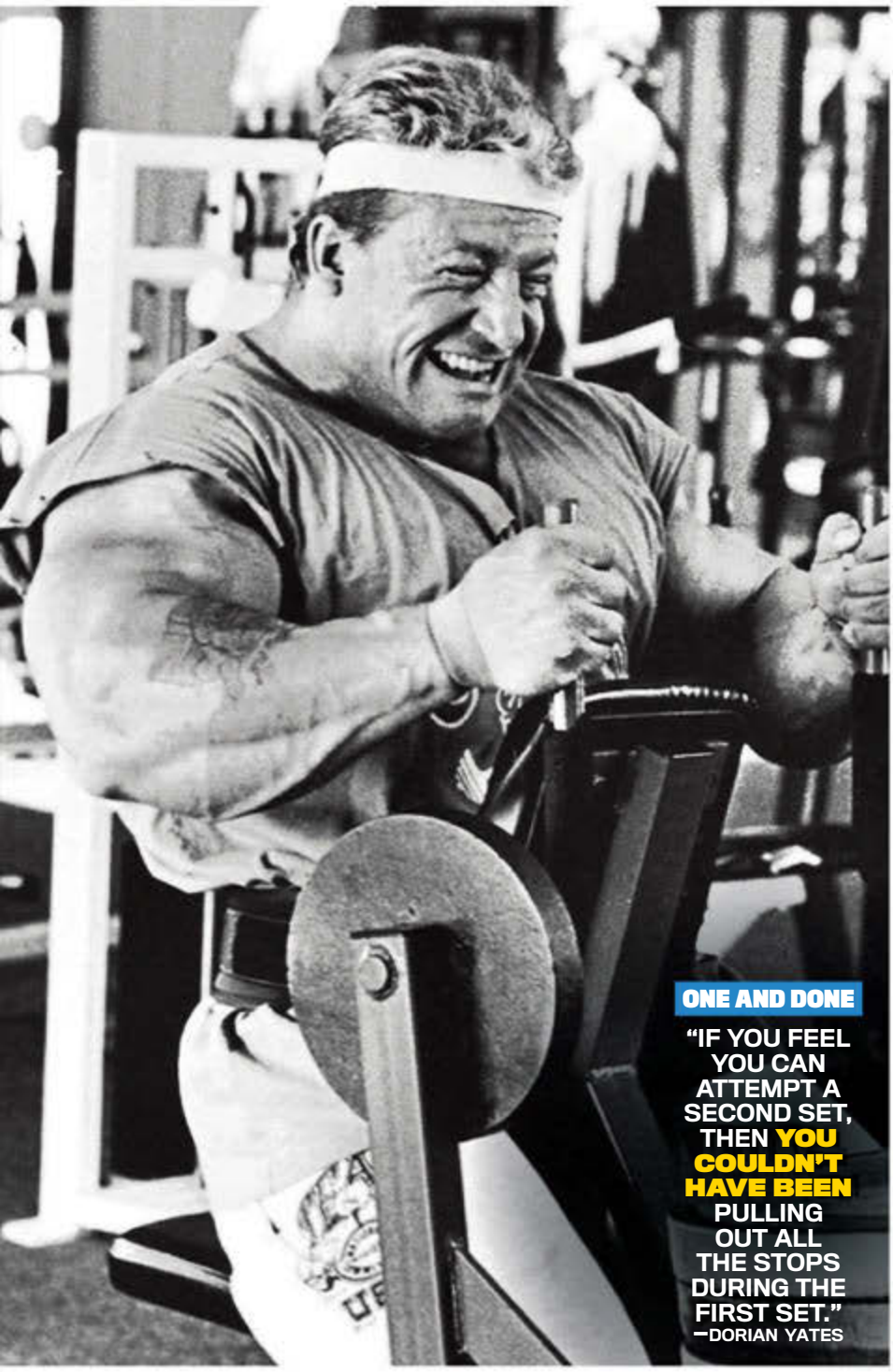
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ONE AND DONE

"IF YOU FEEL YOU CAN ATTEMPT A SECOND SET, THEN YOU COULDN'T HAVE BEEN PULLING OUT ALL THE STOPS DURING THE FIRST SET."
—DORIAN YATES

Then when he toiled in the dungeon-like Temple Gym, Yates modified Heavy Duty via experimentation. He did four to eight working sets per body part. He also put a Mentzer-like emphasis on low reps, doing six to eight for most body parts (more for legs and abs). As he advanced, he pushed these sets beyond failure, usually with two to three forced reps, but he incorporated dropsets, rest-pause, and partials on occasion. In 1988, Yates won the British Championships weighing 226 pounds—46 pounds heavier than he was five years prior. And he was about to launch the most consistently superb pro career of all time: 15 wins, two losses (both seconds).

By the time Yates hoisted his first of six consecutive Sandows, he had settled on a training style of typically just one all-out working set per exercise. However, before this apex set, he pyramided warmup sets. And he sometimes did as many as three such warmups, going increasingly heavier. This led to a common misconception about his workouts. Some people observed him battling weights in person or on video and declared—aha!—he actually does a normal quantity of volume. Pfft. In fact, the confusion merely highlighted the difference between his working sets and those of most bodybuilders. Pyramided sets at moderate intensity were his



CHRIS LUND(2)

YATES' HIT BASICS

Work each body part once every seven days.

Do one all-out, beyond-failure set per exercise. This is the working set.

Do four working sets for smaller body parts, like biceps, and six to eight working sets for larger body parts, like back.

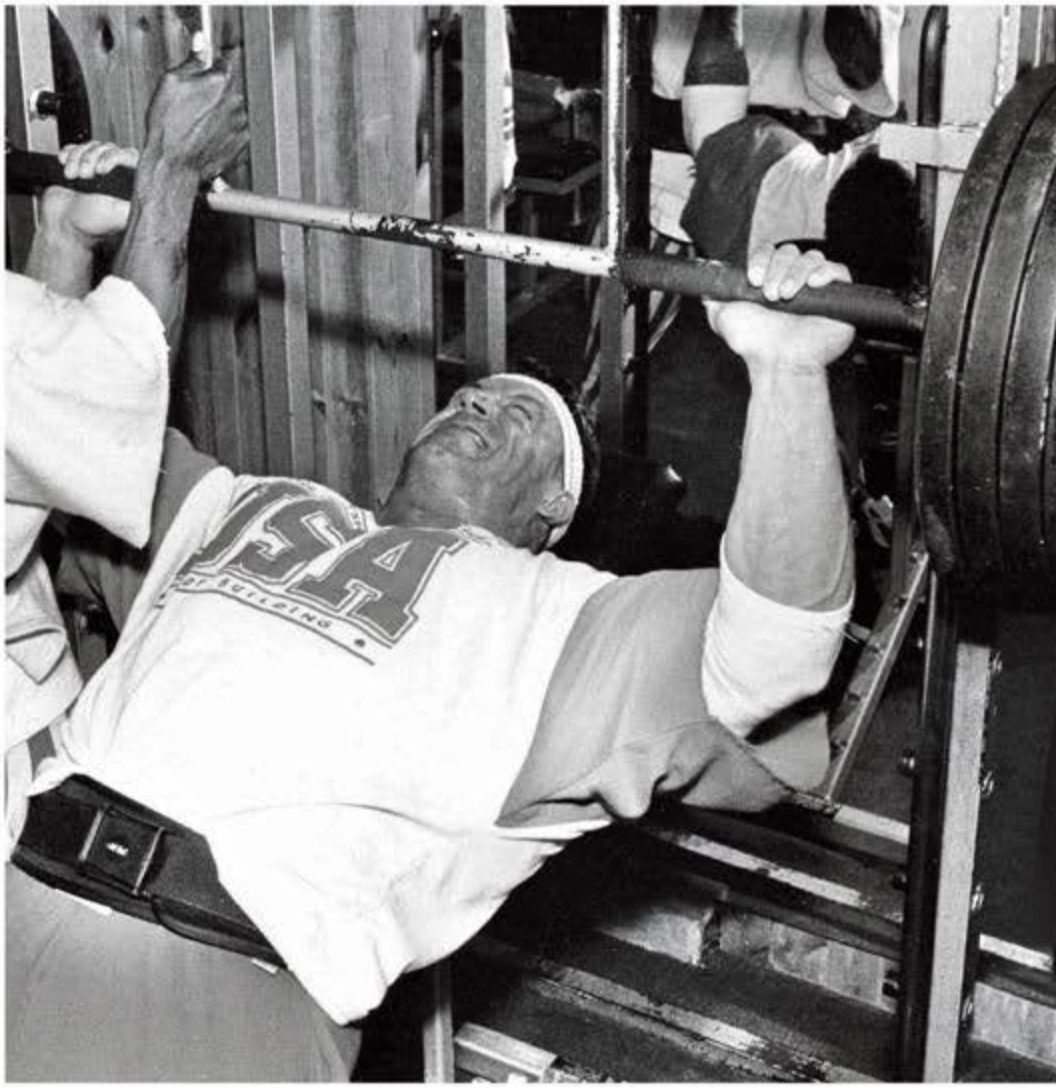
Do two to three progressive, moderate-intensity warmups, pyramiding up to the working set.


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warmups—mere preparation for the final (beyond failure) set of an exercise. To him, that was the only set that truly mattered.

HIT PAY DIRT

As with Arthur Jones and his protégé Casey Viator in 1971–73 and Mike Mentzer in 1979–80, Yates inspired a new generation of bodybuilders in the '90s to give HIT a chance. Once again, few stayed with the strict, low-volume dogma for long. But this time HIT had lasting effects. Post-Yates, most bodybuilders put more emphasis on pushing some sets to failure and beyond. Several neo-HIT philosophies developed, including Doggcrapp, Beyond Failure, and Max-OT. (We'll explore those in future Training Styles.) And a lower training frequency became the norm. Pre-Yates, hitting body parts once every seven days was nearly unheard of. Today, it's the most popular split among advanced bodybuilders. HIT was never the revolution its greatest proponents declared it would be. Nevertheless, the insurgent philosophy developed by an eccentric equipment-maker over four decades ago continues to influence how bodybuilders train and recuperate today.



YATES' HIT TIP SHEET

Yates trained four days per week and rested the other three. If you choose, you can train five or six days per week by dividing your workouts accordingly.

Your final moderate-intensity warmup set should also be pushed to near failure but with a lighter weight and higher reps (12–15) than your working set.

When doing working sets, aim for complete failure at six to eight reps and extend beyond failure with two to three forced reps, rest-pause reps, or dropset reps.

If you don't have a partner, utilize more machines and cables. These will allow you to safely reach failure and then, with a quick reduction in weight, continue beyond full-rep failure.

YATES' CHEST WORKOUT

EXERCISE	WARMUPS	SETS	REPS
Smith Machine Incline Press	2–3	1	8–10
Hammer Strength Seated Flat Press	1–2	1	8–10
Incline Dumbbell Flye	1	1	8–10
Cable Crossover	0	1	10–12

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BY BRYAN HAYCOCK, M.SC.

COMPOUND IT

KEEP IT BASIC FOR MAX MUSCLE AND STRENGTH GAINS

HYPOTHESIS

Research has shown that compound movements (i.e., exercises involving more than one joint) activate muscles in a different manner compared with isolation exercises. Thus, to adequately train a muscle you should add isolation exercises.

RESEARCH

Untrained subjects were divided into two groups: one performing compound exercises only (C), and the other performing compound exercises plus isolation exercises (C+I). The compound-exercise group performed only the bench press and lat pulldown. The C+I group performed the bench press, lat pulldown, triceps extension, and curl.

FINDINGS

There were no differences in gains between the two groups. Although the C+I group trained biceps and triceps in addition to the compound exercise, arm size and strength changed an equal amount for both groups.

CONCLUSION

The addition of isolation exercises will not signifi-cantly increase your gains.

APPLICATION

The foundation of your training should be based on compound exercises such as the squat or leg press, chest presses at multiple angles, and pulls and rows. Now, it should be noted that the subjects in this study were untrained, meaning that they are going to be much more responsive to training than a seasoned lifter. For more advanced lifters, the addition of isolation exercises is appropriate not because the underlying principle is different for experienced lifters, but because experienced lifters require more volume to get the same response.

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BY BRIAN SHAW, TWO-TIME WORLD'S STRONGEST MAN

MOTIVATION

KEEP YOUR DRIVE ALIVE WITH THESE SIMPLE TIPS

The drive to train has always come easy for me because I have always wanted to push myself to the next level. I am never satisfied. I have a banner in my gym that says, "Be Great," and these are words I try to live by every single day.

Now I wouldn't be telling you the truth if I said I don't have days when I feel great and thoughts about skipping a training session creep into my head. Anyone who tells you differently or proclaims to never have an off day isn't telling you the truth. What I have come to believe is that simply pushing and working through those off days is what leads to having great days.

Let's face it: Life can be tough, and we all have days when nothing goes right. What I realized a long time ago is that even on my very worst day I could still go to the gym, and the weights would always be the same. It didn't matter if I had a great day or a horrible day; I could always count on the weight room remaining constant for me. I find comfort there and always end up getting into the zone once I get started, no matter how I feel when I first walk in.

Another important way I keep myself motivated is by setting goals. It's easy to become overwhelmed by how far you think you need to go and then talk yourself out of even getting started. Every journey starts with a first step, but each journey also must have a destination. So to work through this, the best way to start is by setting easily attainable short-term goals. I set daily goals like sticking to my diet and getting all my meals in. Achieving small goals like this provides positive reinforcement on a daily or weekly basis, helping to motivate you on your way to reaching your long-term goals.

If all else fails on those days when you feel like a dead man, reach for a pick-me-up pre-workout to get going. One I use is MHP's Fit Trainer. It contains natural energizers to give me a lift, as well as creatine for power, beta-alanine for muscular endurance, nitric oxide boosters, and CortiFit to reduce cortisol levels. During training I often use BCAA 10X Energy for an additional head of steam and for its muscle-building aminos.



JASON BREEZE

SEE MORE

Brian Shaw is part of Team MHP. For more information, log onto mhpstrong.com or check out Brian on Facebook.

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BY BRYAN HAYCOCK, M.SC.

WEIGHTS OR CARDIO?

WHICH SHOULD YOU DO FIRST?



OPENING ARGUMENTS

DEFENSE Weights should be first because you're fresh and can put in the most effort. Plus, you don't really have to push yourself too hard when doing cardio.

PROSECUTION Do cardio first to optimize anabolic hormones while burning just as many fat calories.

EVIDENCE

1 Research has shown that people tend to put in more effort on exercises done first in a workout.

2 Tiring yourself out with cardio before you train with weights doesn't make sense if your goal is to build muscle.

3 According to research, when "trained subjects" do cardio and weight training in the same workout, testosterone and IGFBP-3 (this makes IGF-1 more available to muscles) are elevated when cardio is done before weight training.

4 If cardio is done first, protein timing can be optimized immediately after weight training, thus taking advantage of the known anabolic window created by weight training.

VERDICT: CARDIO FIRST

Doing cardio first elevates testosterone and IGFBP-3, which leads to an anabolic state immediately after training. This anabolic state can be further taken advantage of by taking in protein immediately after weight training.

SENTENCING

When combining cardio and weights in the same session, do cardio first, keep the time at or less than 30 minutes, and include intervals. Post-workout, consume at least 20 grams of high-quality whey protein and as many carbs as your diet will allow.

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BY BRYAN HAYCOCK, M.SC.



WIDE GRIP, WIDE LATS

ADD SIGNIFICANT SIZE TO YOUR BACK WITH WIDE-GRIP PULLDOWNS

The lats are what give the back width. During a front double biceps pose, the lats outline the torso. From behind, they can make or break a top-place finisher before the first pose is struck. To fully engage the lats, research has confirmed that it's tough to beat wide-grip pulldowns.

A lat's function is arm adduction, either from above (for example, lat pulldowns) or in front (rows). Though wide-grip pulldowns are superior, some weightlifters avoid this movement because they're able to move more weight with a close grip. This isn't because the lats are working harder; in fact, it's because the lats are sharing more of the load with other muscles, such as the biceps. In short, if they aren't already, wide-grip pulldowns should be the foundation of your lat routine.

THE WINGSPAN WORKOUT

EXERCISE	SETS	REPS
Wide-grip Pulldown	4	8–12
Wide-grip Seated Row	3–4	8–12
Close-grip Pullup (palms facing each other)	3	8–12



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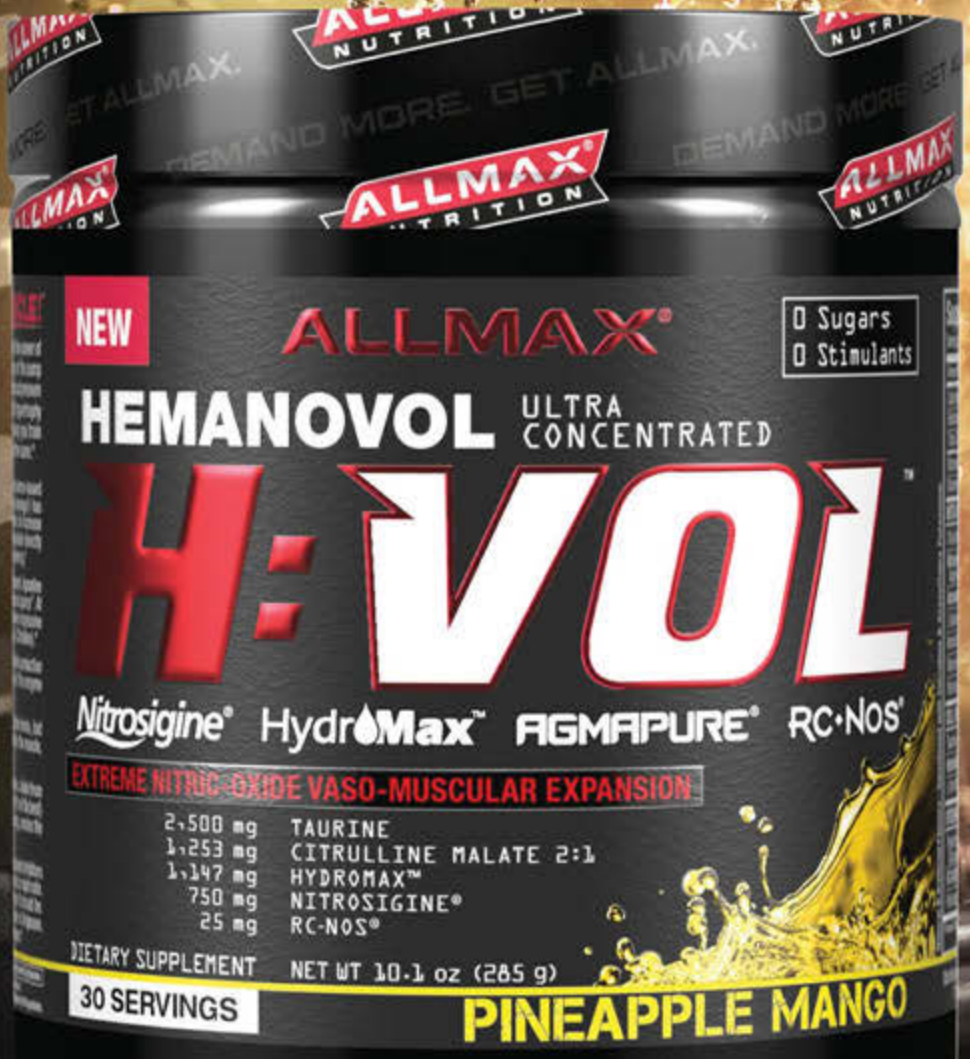
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9 MUSCLE-BUILDING RECIPES FROM CELEB CHEF ROBERT IRVINE.

Science explains why you should stop hating on **egg yolks.**
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Feast on **prunes** to add more fiber and protein to your diet.
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Salad might be better served as dessert. Seriously.
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What's in your **protein powder**? It might not be protein.
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NICK FERRARI; FOOD STYLING BY ED GABRIELS

BY STEVEN STIEFEL

WHOLE EGGS VS. EGG WHITES



After chicken breasts and protein shakes, few protein options are more prevalent in a bodybuilding diet than egg whites. That's because egg whites are a nearly pure source of protein, containing almost 100% of their calories from this macro with virtually no fats or carbs. So, when you're looking to consume a whole-food source of protein with few calories, it's hard to beat egg whites.

Whole eggs, on the other hand, contain considerable calories and micronutrients that come with the egg yolks. All of the fat-soluble vitamins (A, D, E, K) in eggs are found in the yolk. In addition, the yolks contain the healthy fats and cholesterol necessary for the production of hormones such as testosterone. Egg yolks also contain about as much protein as the whites, per egg. Here's a comparison of what each contains in terms of macronutrients.

EGG WHITES (8 EGG WHITES)

PROTEIN	28G
CARBS	2G
FATS	0G
CALORIES	137

WHOLE EGGS (4 WHOLE EGGS)

PROTEIN	28G
CARBS	2G
FATS	21G
CALORIES	312

GO WITH WHOLE EGGS OVER EGG WHITES

When you're seeking protein and nutrients on a low-carb diet, choose whole eggs over egg whites. Whole eggs are still a very low-calorie food, despite the fact that they contain more calories from fat than they do from protein. Keep in mind that dietary fats slow protein absorption, allowing it to stay with you for longer. Whole eggs also have a better amino acid profile to help support bodybuilding results. When your goal is to get in protein quickly, choose egg whites, but at all other times of day go with whole eggs, or mix whole eggs with egg whites to provide a broader range of nutrients.

GO GREEN

Use green tea as your chill pill

Consuming green tea may have a significant impact on diastolic blood pressure. That's the lower number on your blood pressure reading, and it's the amount of pressure on your blood vessels when your heart is at rest, between beats (the larger number is called "systolic").

It's important to maintain low blood pressure, both systolic and diastolic, to ensure longevity.

Green tea contains many healthful phytochemicals. Among these, EGCG is a biologically active compound that helps regulate metabolism and control appetite. Theanine is an amino acid that helps modulate serotonin and dopamine (brain chemicals) that promote deeper sleep and increase the release of growth hormone.

Take green tea extract as a stand-alone, or use a fat burner or other multiple-ingredient supp that contains green tea extract. While green tea is also available in decaffeinated versions, many do not experience trouble sleeping when they consume the caffeinated form of green tea late at night.

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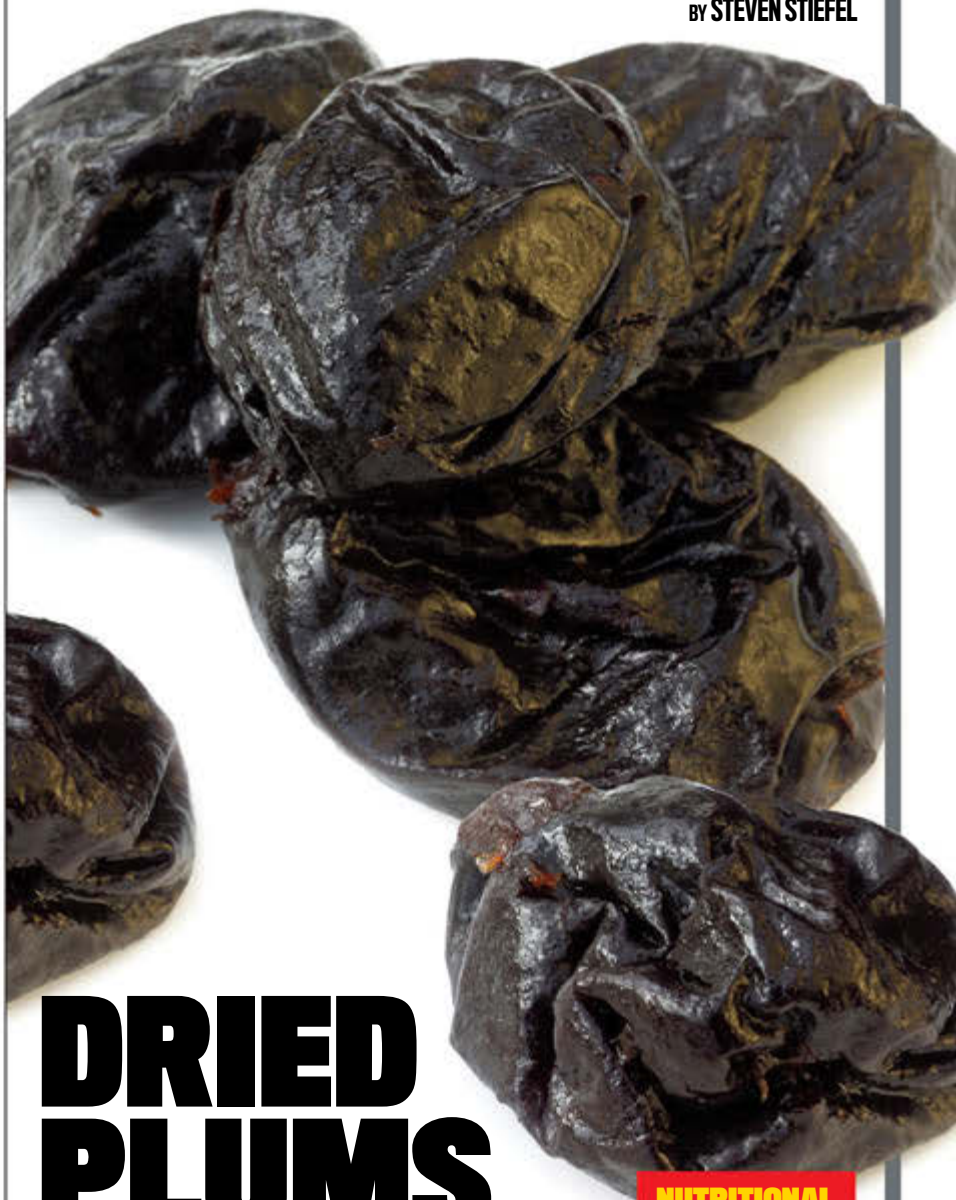
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* Selected references (1-11) are available at snac.com

BY STEVEN STIEFEL



DRIED PLUMS

PROCESS EXTRA PROTEIN WITH THIS FRIENDLY FIBER

Granny may have some diet suggestions that can help you with your bodybuilding program. One is to bump your consumption of prunes to assist you in processing a high-protein diet by increasing fiber consumption, ultimately supporting your ability to add muscle mass. Consume just a few prunes during or after meals to help with this, or you can puree dried prunes (as opposed to those in liquid) and use them as a jam spread. When you consume the dry prunes that don't contain additional sugars, you'll get about 4 grams of fiber for every 130 calories—a high amount of fiber from fruit. To get this fiber dose, take in about 1–2 ounces of pureed prunes. You can add them to whole-grain pancakes or bread to serve as a high-fiber sweetener that's on your diet. And Granny's.

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PROTEIN	1.2G
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XPEDITE also contains the amino acid **tyrosine**, which is a precursor of the brain neurotransmitters epinephrine (adrenalin), norepinephrine and dopamine, which transmit nerve impulses. U.S. soldiers undergoing various psychological and physiological stress tests were given tyrosine to measure its effects on performance. The researchers found that they were more efficient, alert and had faster reaction times. In addition, **XPEDITE** contains **phenylalanine** which may help to elevate mood and enhance concentration.

XPEDITE also includes **citrulline malate** which may boost athletic performance and recovery by accelerating the elimination of the toxic byproducts of protein metabolism and the removal of ammonia and lactate from the blood. Finally, **beta-alanine** is a precursor of carnosine, which regulates important aspects of cell metabolism that may provide stamina and energy-enhancement benefits.

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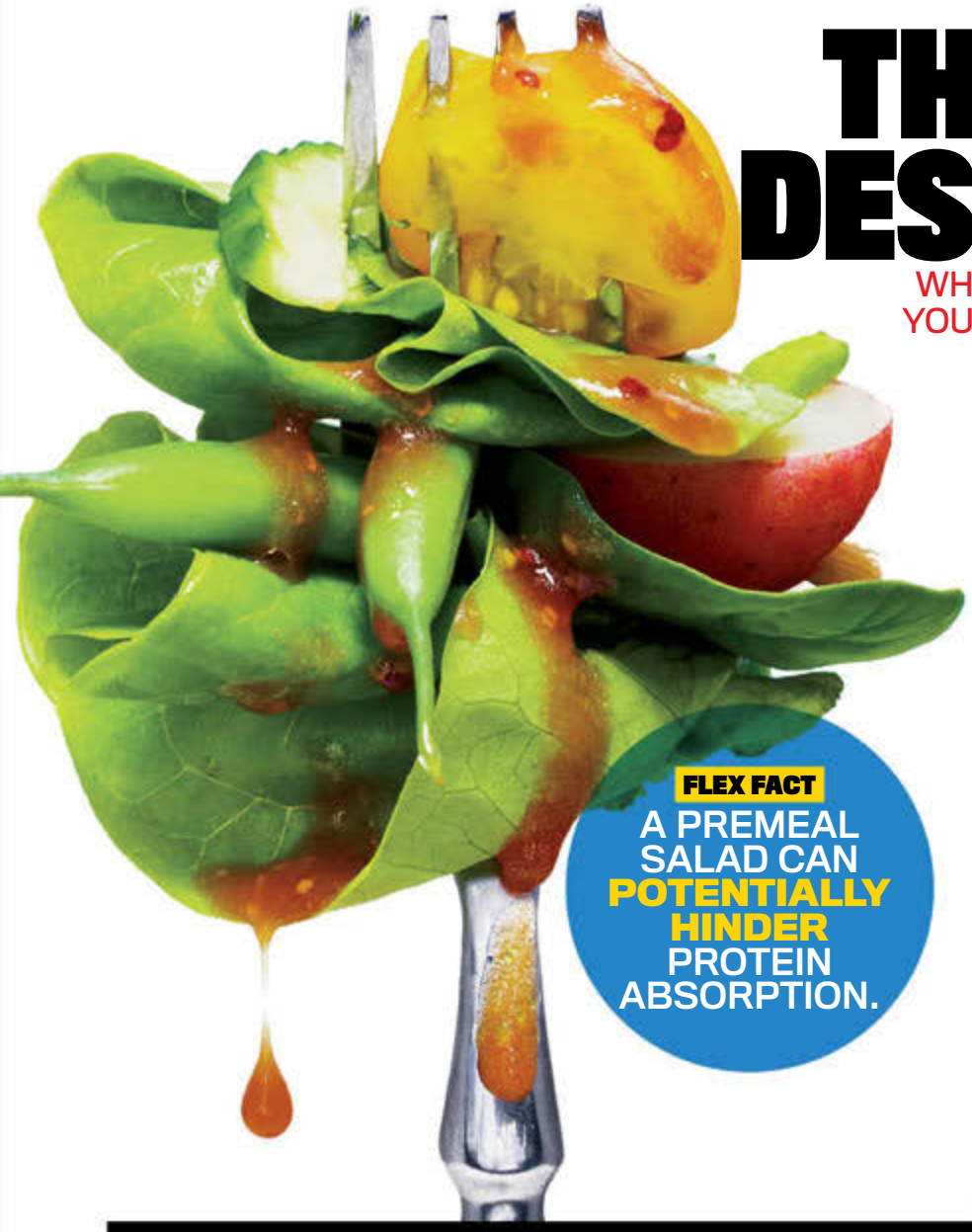
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BY STEVEN STIEFEL

THE NEW DESSERT?

WHY EATING SALAD AFTER YOUR MEAL IS A GOOD IDEA



FLEX FACT
A PREMEAL SALAD CAN **POTENTIALLY HINDER** PROTEIN ABSORPTION.

Americans tend to eat their salads before (or as) their dinner, but the French often toss down some roughage at the conclusion of a meal. Turns out, there may be some benefits for bodybuilders in following this rearranged meal. You see, most vegetables are high in insoluble fiber. This type of fiber speeds digestion, and that's not necessarily an effect you want when you're about to consume a large piece of meat that takes a while to digest. Taking in increased insoluble fiber before your whole-food protein may encourage more of the protein to pass through your system unabsorbed.

On the other hand, taking in a decent whack of soluble fiber before a protein meal will help cleanse your system, helping improve absorption over the long haul and slowing down digestion. To make the most of your fiber and protein, take a soluble-fiber supplement about 30 minutes before meals, then eat your protein, and follow this up with a salad for dessert.

DIET 911

Q When I don't have a big meal, I run out of energy before I finish my workouts. But if I eat a big meal beforehand, I feel bloated when I train. What should I do?

Those who can't process a large whole-food meal shortly before training still need to get in plenty of calories to experience maximum growth. Here are some suggestions you can try to prevent sabotaging your workouts at the front or back end.

1 Eat a small whole-food meal an hour to an hour and a half before you train. Consume about half as much as you do at typical large meals. Good choices for protein include chicken breast, lean beef, cottage cheese, or eggs. Your carb source can be whole-grain bread, brown or white rice, or yams or baked potatoes.

2 Consume one small protein shake about 20 to 30 minutes prior to training. Rather than 50 grams of protein and fast-digesting carbs, go with a smaller amount. Add your pre-workout supps (beta-alanine, creatine, citrulline, arginine) to this shake so they'll be in your system when you start to train.

3 Drink a second protein shake during your workout. Research shows that consuming an intra-workout shake supports greater muscle growth. You can use much more water than you normally do so that you're also taking in more fluid as you provide your body with a continual flow of nutrients.

4 Continue drinking your intra-workout shake after you finish training. Essentially, what this does is enable you to get a jump start on consuming your post-workout protein shake. Depending on your nutritional needs and training goals, you can add additional protein or carbs to this mix.

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FINISH FIRST.®

BY DANIEL BROWN

THE GREAT PROTEIN HOAX

SOME SUPP COMPANIES ARE MANIPULATING THEIR FORMULAS TO FOOL TESTS, GIVE YOU LESS PROTEIN, AND MAKE A CHEAP BUCK. DO YOU REALLY KNOW WHAT'S IN YOUR PROTEIN POWDER?



What's in your tub of protein powder? There's a good chance you don't really know, as a number of companies are topping off their products with low-grade ingredients masquerading as complete proteins—an unscrupulous practice known as "protein spiking." The label on your bottle might say "24 grams of protein" when in fact the true content is closer to 15, or 10, or maybe even zero.

As the price of whey protein has shot up in recent years, so too have immoral practices by shady supplement companies looking to increase profit margins at the expense of—guess who?—the consumer. With protein spiking, instead of putting the full amount of protein in the product that's stated on the label, **a company will purposely come up short and fill the rest of its formula with cheap amino acids** and other non-protein ingredients that can fool the testing process.

The loophole that allows this to happen is the fact that protein content in such products is indirectly measured by nitrogen content. And any number of things that aren't actually protein (free-form amino acids, creatine, and arginine, to name a few) can raise a powder's nitrogen levels at a fraction of the cost of whey, thus making the product appear to contain more protein than it actually does. And, yes, proteins are made up of individual amino acids, but throwing a bunch of random, cheap aminos into a container doesn't replicate the various muscle-building, health, and performance-enhancing benefits of complete proteins. Not even close.

One company, however, knows exactly what's in your protein powder: ChromaDex, an independent third-party testing laboratory with the tools to separate the quality products from impostors. Their new seal program aims to eliminate any doubt whatsoever. When you see the "ChromaDex Quality Verified" seal on your tub of protein, you'll know you can trust the label.

You can expect to find this seal on all BPI Sports protein products in the near future.

BPI has built consumer trust since its founding in 2009; now, that trust will be further reinforced with an unbiased third-party verification.

In addition to sniffing out protein spiking, ChromaDex's stringent testing procedures will ensure that products meet full specification for ingredient identity, contaminants, heavy metals, and microbials.

"This will be a total game changer," says BPI Sports co-founder James Grage. "You, as a consumer will no longer have to guess whether you're getting a quality protein product or one that's been spiked with subpar ingredients. This will effect the entire sports nutrition industry. With BPI getting the ChromaDex seal, it will force other companies to do the same."

The deeper problem, according to ChromaDex co-founder and CEO Frank Jaksch, is that **companies looking to save a buck can be as aggressive as a pro athlete looking to cheat a drug test.**

"Any test, if somebody is smart enough, they can find ways to fool it," Jaksch says. "We had our opinions about the use of nitrogen testing for protein testing for a long time. And no one really wanted to listen to that story."

Jaksch says his calls for better testing were ignored even after the melamine poisonings of 2007 and 2008. In those instances, companies added melamine—which is used as an industrial whitener for products

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like white boards and dinner plates—to pet food, milk, and baby formula. In both instances, melamine was used as a cheap additive to fool the industry-standard nitrogen test.

"Flash-forward to today and it's like everybody has exercised selective forgetfulness," Jaksch says. "This is no different from melamine; it's obviously a lot less harmful, but they're just moving the bar. Whatever the cheap amino acid du jour is that happens to be a nitrogen-containing amino acid will be what people grab onto. A lot of proteins aren't even protein. They're just cheap cocktails of amino acids because it's cost favorable to do that.

"Our opinion has been that **you can't use one single test to determine identity and potency of protein.** You need to use what is called an orthogonal approach, which means you need to use more than one test to really assess the quality of protein."

A nitrogen test, Jaksch says, can be part of that approach, but it shouldn't be the only test. He points out three key issues that all protein powders should be tested for:

1 IDENTITY: If the bottle says whey protein, can the consumer really trust that it's whey and not derived from another source?

2 QUANTITATION: The bottle says each serving has 20 grams of protein. How can the consumer know that's true? An unscrupulous company might provide only 10 grams of protein per serving, nitrogen-containing aminos accounting for the rest of the number.

3 CONTAMINANTS: Subpar processing can lead to metals and microbiological contamination making their way into the final product.

In addition to using nitrogen testing to determine total protein,

"A LOT OF PROTEINS AREN'T EVEN PROTEINS," JAKSCH SAYS. "THEY'RE JUST CHEAP COCKTAILS OF AMINO ACIDS."

ChromaDex runs an amino acid profile to test for free form and bound amino acids. By definition, protein should contain very few free amino acids. So, for example, even if a nitrogen test confirms a company's claim of 20 grams of protein per serving, a high test for free amino acids would flag the sample, turning the nitrogen data suspect.

"In a case like that, we would fail the sample," Jaksch says. "In reality we're going to rely more on the data coming up with free and the bound amino acid test. Now, for instance, if someone sent us a protein sample and it was all free amino acids, it's a dead giveaway that the stuff has been spiked. It's really that ratio between the free and the bound amino acids that tells you if your protein is up to snuff."

While ChromaDex has supplied testing to just about every player in the supplement industry over the years, Jaksch admits that some companies want more rigorous testing than others. BPI, meanwhile, took rigorous testing a step further.

"The program we have with BPI is a little more advanced than what we've done for anybody else," Jaksch says.

Part of the Seal program includes a thorough audit and inspection of the manufacturer's facility. Jaksch explains that most supplement companies don't own their manufacturing plants; they formulate the products, then use an outside vendor to mass-produce the product.

"In my opinion, you actually learn more from the audit and inspection process than you will from the testing," Jaksch says.

Inspecting the vendors—from the manufacturing facility all the way back through the raw materials—is time consuming and expensive, a practice that, for years, scared off most supplement companies.

"We created the concept of this Seal program more than 10 years ago," Jaksch says. "We've sent out so many proposals. BPI was one of the first to understand this and say, 'You know what? We can't compromise and we're prepared to spend the money necessary to do this.' A lot of other guys we quoted in the past said, 'You guys are crazy. It's way too expensive.' Well, that's what it's going to cost if you want to do this the right way."

Grage sees it as a boon to the industry as a whole. "If they want to say that their product is just as good as ours, **they'll have to put their money where their mouth is and get it tested,"** Grage says. "In the end, this is great for everyone. It means that all the big companies are going to put out better products. Consumers deserve that and should demand that."



THE CHROMADEX SEAL: The golden label on BPI protein powders means the ingredients have been verified with thorough testing.

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People are my passion and I am able to touch people's lives through fitness, motivation, and mentoring people of all ages. Whether it's helping the young athlete discover his/her true potential at the early stages of their athletic career, preparing the high school athlete for their college journey, or helping an elderly individual improve their health to decrease their medications, the reward of achieving these results is priceless.

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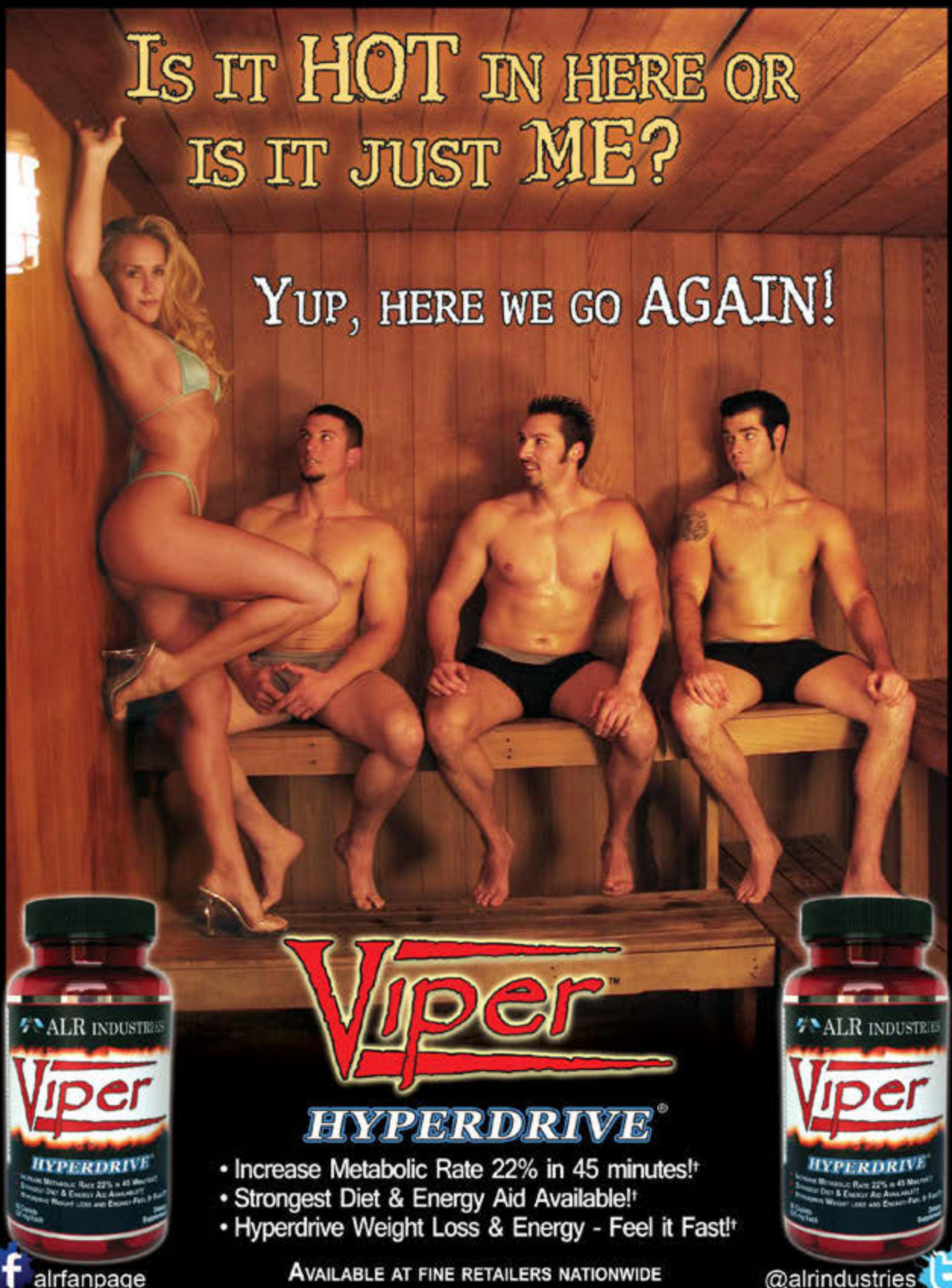


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BY ERIC VELAZQUEZ, C.S.C.S. PHOTOGRAPHS BY JASON BREEZE

SANDOW-SIZE DELTS

REIGNING MR. O, PHIL HEATH, SIMPLY WILL NOT BE CONCERNING HIMSELF WITH THE LONG-HELD APPROACHES TO SHOULDER TRAINING. AND NEITHER SHOULD YOU.

A cursory flip through this story will likely lead to a few double takes. Because this is supposed to be about shoulder training, you probably expected to see shot after gritty shot of heavy, overhead barbell presses as well as the expected lineup of gargantuan dumbbell raises. After all, this is about Mr. Olympia's delt training, right?

Yet, save for a few sets of dumbbell lateral raises, you won't see four-time Sandow winner (2011-2014) Phil Heath busying himself with long-held traditions of tendon-straining free-weight work or lifting at his redline to satisfy his fans or our lenses. Most of his routine over the past several years consists mainly of machine work, all within proven, muscle-building rep ranges. And all it has done is sharpen an already champion physique.





"Do you need a fundamental basis of dumbbells and barbells?

Absolutely," he says. "I used to press crazy weight, but it really hurt, and it shouldn't hurt all the time. Everybody wants to say, 'This is better than this.' They may point to research, and what they're saying might be true—but what if I'm not comfortable doing that? If I'm growing, then that's all that matters to me."

Still, he says, naysayers will persist—and practically insist—that he needs to go back to the ham-and-egg approach of pressing to the death.

"They tell me, 'But if you did free weights you'd grow even more!' Well, I'm still growing. If I don't like it and I'm still growing, then I might not want to change that. Every once in a while I'll do barbell presses, and I hate 'em. And the minute I start hurting, I stop. It reminds me that I'm not doing them for a reason. I have to be smart. I take detours from the norm here and there, and I think I've been successful doing it. I've built one of the best backs in bodybuilding without doing deadlifts."

Heath contends that he does do presses but that the tracked range of motion on the Smith and certain Hammer Strength machines allows him to do so more safely. The bottom line?

"I came into bodybuilding with two bad shoulders from basketball," he says. "I know what works for me and what allows me to train with less pain."

But—as evidenced by Heath's trophy case—pressing like Atlas isn't the only ticket to a wide, bulbous set of delts. Here, Heath lays bare the no-frills tactics that have helped him to four Sandows and set him on a promising course for a fifth in 2015.

"EVERY ONCE IN A WHILE I'LL DO BARBELL PRESSES, AND I HATE 'EM. AND THE MINUTE I START HURTING, I STOP. IT REMINDS ME THAT I'M NOT DOING THEM FOR A REASON. I HAVE TO BE SMART. I TAKE DETOURS FROM THE NORM."

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Platinum 100% Whey is powered by an impressive amino acid profile that delivers 5.5g of BCAAs, 4g of glutamine and 11.6g of EAAs.

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SEATED MACHINE OVERHEAD PRESS

"Think about your hand placement. It's not always good to grab the innermost part of the handles, which can overstretch your shoulder at the bottom. For this reason, using a medium grip is highly beneficial. Also make sure you're getting a full range of motion. When guys go heavy they start shortening the range of motion; they're just cheating themselves."

THE WORKOUT

Most guys tackle four, maybe five exercises on shoulder day. Heath opts for six (or more). In order for that to make sense, he keeps the total volume within reason on each exercise, opting for three total sets in traditional hypertrophy rep ranges (eight to 12). But he does make an exception for his lateral head, which he punishes with three reverse dropsets. "I start with a weight I can handle for 20 reps, then I immediately move up to heavier dumbbells for 15 reps, then 12, then 10," he explains. "I rest two minutes, then I do it again."

EXERCISE	SETS	REPS
Seated Machine Overhead Press	3	8–10
Smith Machine Military Press	3	8–10
Dumbbell Lateral Raise*	3	20, 15, 12, 10
Machine Lying Rear-Delt Raise*	3	12–15
Face-Pull	3	12–15
Front Raise*	3	10–12

*Heath alternates these exercises with machine lateral raises, reverse pec decks, or one-arm machine front raises.

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SMITH MACHINE MILITARY PRESS

"If you've never done these, you need to go lighter, because you have to get the mechanics right. If you have to do seven or eight sets to get it right, then that's what it takes. You can still go fairly heavy, but remember it's not a push press—you have to control the weight."

USE VARIETY BUT GAUGE RESULTS

Six exercises is on the top end of what most people do on shoulder day. Variety, Heath says, is a good thing. But he doesn't just haphazardly change exercises from workout to workout.

"I usually change things up every three to four weeks," he says. "I like to see how far I can progress with that set of movements. It gives me a goal. Everyone says you need to shock your body, but I need a goal. If you're training delts only once a week you need to be able to track your progress. You have to give your body a chance to adapt before making changes."

TRAINING SPLIT

Not surprisingly, Heath opts to train his delts in a solo session midweek rather than tacking them on to another body part, such as chest or back. This also allows him to add more volume into a single session, a tactic he says is crucial for upgrading any body part.

DAY	BODY PART
1	Legs
2	Chest
3	Back
4	Shoulders
5	Arms
6	Rest
7	Cycle repeats

Heath trains abs twice per week but increases that to every other day leading up to a show. During his final prep, he trains abs daily. He trains calves three times per week and does 30 minutes of cardio three times per week, usually on the exercise bike.

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NO BULL XMT (Xtreme Muscle Tension) has been formulated with clinically researched ingredients to enhance workout performance and muscle growth through a proven training concept called "Time Under Tension." During a resistance training workout, the amount of time your muscles work is measured in repetitions and the amount of tension is measured in weight. Increasing the number of reps (time) and the amount of weight on the bar (tension) during a set increases the workload placed on your muscles and stimulates greater muscle growth. NO BULL XMT is formulated to do just that. More Reps + More Weight = More Muscle Growth!

In the development of NO BULL XMT, MuscleMeds researchers focused on a key mechanism in muscle called "Excitation-Contraction." Enhancing this mechanism of action in muscle tissue helps increase muscle force, velocity and endurance, thereby increasing time under tension and total workout performance. In addition to enhancing muscle excitation-contraction, NO BULL XMT's advanced synergistic design also increases energy, muscle pumps and anabolic signaling, making it the ultimate performance enhancing pre-workout formula. NO BULL XMT is the pre-workout formula for those who want more... More weight for more reps equals more muscle growth!



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DUMBBELL LATERAL RAISE

"I always remember the mental cues of pouring out the pitcher and turning my pinkie up and thumb down. Also, I usually bring the weights toward my hips. When they're in front of me, I tend to use more momentum. I've done 100s before, but going to my sides I can do 80s without roping in my rear delts and lower back—I keep the tension right where it needs to be: middle delts."

DELTS COME FIRST

With symmetry being the name of the game, a younger Heath knew that he'd have to make some adjustments to his shoulder training. Woe be to him, his arms were just overpowering everything else. So with the Sandow seemingly within reach, he finally made a game-changing adjustment.

"I really believe that prioritizing my delts more than some other body parts was key to getting them to where they are now," he says. "Years ago I realized that I was lacking the capped delts, and that's because my arms overpowered them. Delts really are 3-D. Chest isn't. You can attack them from the back, side, and front and make them pop. I figured I had the chance to look three-dimensional. Also, a lot of guys don't have good delts. I made sure I stayed on top of that training, and if I needed to double up, I did. Sometimes I'd add side laterals with chest or do some additional rear-delt work on back day. I wanted to make sure that each delt head was trained. The year before I won the Olympia I had people asking what I'd done with my delts. When I won, people were like, 'Holy crap!' They had been talking about my lack of width, but I'd negated that advantage for other guys by prioritizing my delts."

MACHINE LYING REAR-DELT RAISE



"Not every gym will have this machine, but if you find it, you're lucky. The only thing you have to remember is that it's all about your elbows. It's not your hand, biceps, wrist, or forearm lifting the weight, it's your elbows. I find that with rear delts, which are such a small body part, more volume is smarter, because you need to be able to feel it. Even 25 pounds on each side with this move feels pretty heavy for me."

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DON'T JUST TRAIN 'EM–MAINTAIN 'EM

If you're reading this and you're in your early 20s, you can probably get away with doing a warmup set and then diving right into your bar-bending military presses. But if you train that way regularly, as you age, those joints–which are so crucial for every upper-body exercise–begin to show a little wear and tear, putting you at risk of more serious injury. Try growing your delts when you're constantly in pain or, worse, in rehab.

"I'm thankful that I've managed to not have too many injuries with my shoulders," Heath says. "I had to really start from scratch when I began bodybuilding. Your joints can deal with only so much. When you're 22 you think you can lift the world, but when you're 35 you realize you need to start warming up better and that if something hurts you gotta take care of it. In this sport, we need to take care of ourselves like pro athletes. We are conditioned to think we need to tough it out or work through it or take a pill–no. There are other ways of healing, and that starts with how you take care of your joints."

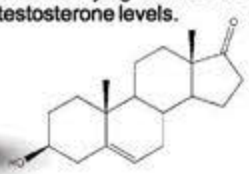


"I'M THANKFUL THAT I'VE MANAGED TO NOT HAVE TOO MANY INJURIES WITH MY SHOULDERS. **I HAD TO REALLY START FROM SCRATCH WHEN I BEGAN BODYBUILDING.** YOUR JOINTS CAN DEAL WITH ONLY SO MUCH."

REAL ANDRO IS...

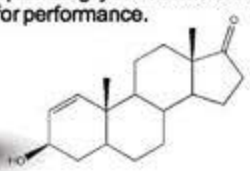


M1D contains an andro precursor to testosterone along with ingredients designed to reduce metabolic clearance and increase conversion. This product is used for men over 21 trying to increase testosterone levels.





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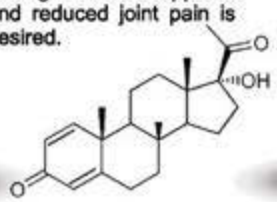


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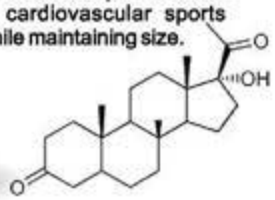


pBold is a Prohormone to to Boldenone (EQ). Users report increased hunger and also reduced joint pain. pBold is best used for refined cycles where adding increased appetite and reduced joint pain is desired.





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** All claims are based on proper diet and exercise. No supplement can replace diet and exercise. It is required that you eat right and workout hard. See a healthcare provider prior to starting any diet and exercise program.



Joe Leahy - NPC Competitor

"I'm 15lbs heavier than the last time you saw me" - Joe

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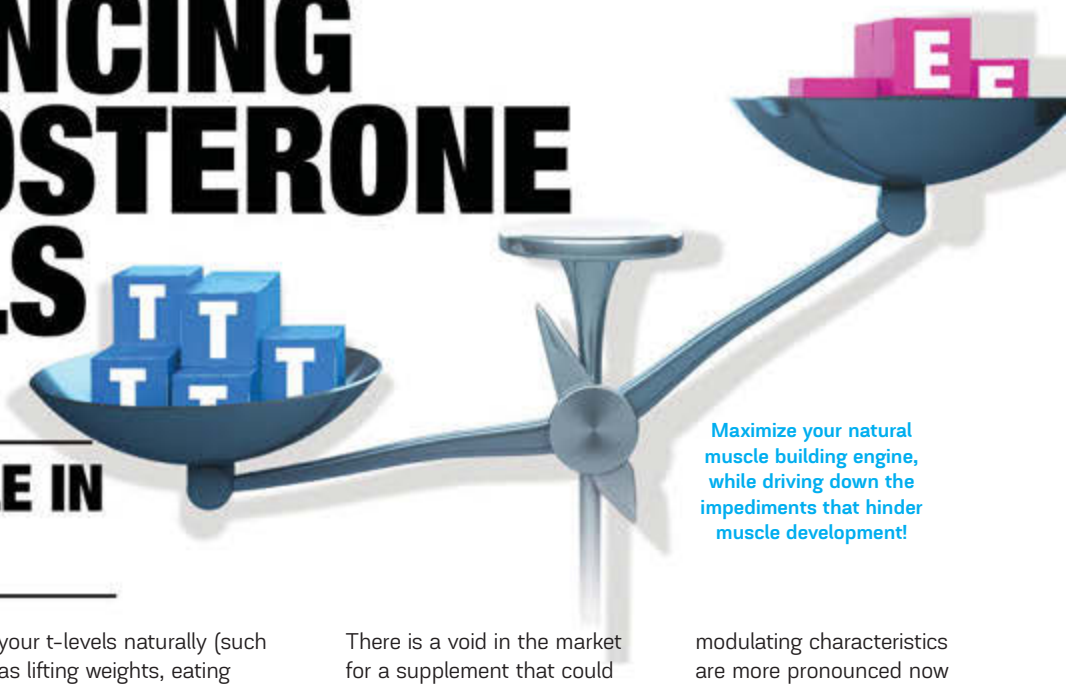
FACE-PULL

"Not everyone uses this move, but I love it because I get better pumps out of this than with any other exercise for my rear delts. This is basically a multijoint move for rear delts the way dips are for triceps. Rear delts can never be overworked."

PRESSES MATTER, BUT...

"Are free-weight presses the key? Yes and no," Heath says. "You have to be able to do a lot of volume with heavy weight. If you can lift heavy with really good form and not get injured, then fine. But the majority of people who say they can overhead press a ton, I'd like to see how much volume they do in addition to that and then see how big their shoulders are. Some guys may be able to out-press me, and that's fine—but they're just pressing for power. You might be using a little body English, which can negate that move by 20, 30, 40%. And after a while, again, the risk factor comes into play. You have to ask yourself if it's smart to keep adding more weight or if you should just stay where you're at and maybe decrease rest periods. If you're just a weekend warrior who wants to impress your friends, then press away. But those are the guys you don't see for a while—guys who tear their AC joint or rotator cuff."

ENHANCING TESTOSTERONE LEVELS



Maximize your natural muscle building engine, while driving down the impediments that hinder muscle development!

TIP THE SCALE IN YOUR FAVOR

You're training hard, eating right and starting to see that muscle definition you've been working hard to achieve. Yet still, it seems as though there's a missing piece to the puzzle. What is it that's keeping you from taking your physique to that next level? You want to be different... better than the rest. You want to shed that last layer of unwanted fat and water that's obscuring those razor sharp abs and deep muscle cuts. This level of conditioning isn't easy, and it is reserved for the elite few that want it badly enough. So you ask yourself - what does it take to really push your body past its limits? What will really take your physique above and beyond where you thought it could go? The answer, and that missing piece may be this: testosterone.

Testosterone allows you to build muscle and burn body fat more effectively. On the flip side, the more body fat you have, the lower your testosterone levels may be. You might already be aware that there are certain steps you can take to up your t-levels naturally (such as lifting weights, eating "good" fats, getting adequate amounts of sleep, avoiding simple sugars, etc), but sometimes that's just not enough to give you that extra edge over the competition.

Your body is a machine and testosterone is the engine. Your efforts in the gym become more redundant if the engine isn't functioning properly. That's where giving your t-levels a boost can really maximize your body's potential and help you achieve that lean, hard and dry look that most bodybuilders desire.

There is a void in the market for a supplement that could help support testosterone levels while simultaneously minimizing estrogen levels for maximum strength, power, and muscle growth. Out of this need is where A-HD™ was born. The first edition of A-HD™ was unimaginably powerful, but BPI wanted to take it past that. Enter the second generation of testosterone support, A-HD ELITE™.

A-HD ELITE™ represents the most significant testosterone supporting product in recent history. Its estrogenic modulating characteristics are more pronounced now than ever before. Think of it like a scale that you want tipped in your favor; you want to promote testosterone levels and minimize estrogen levels to get you on your way to achieving that shredded physique that you've been after. We did this by taking the best testosterone booster – A-HD™ – and incorporating the newest scientific findings with cutting-edge, researched ingredients. This powerful testosterone support supplement helps put your body in an optimal state for muscle growth, body fat levels, and strength gains like the pros experience.*†

BUILD MUSCLE LIKE A PRO.

James G.

Co-Founder of BPI Sports

"A-HD Elite™ is an extremely powerful, double strength, Testosterone Supporting Agent with potential Estrogen Modulating characteristics. A-HD Elite™ is designed to promote a leaner, harder, more muscular physique when used with proper diet and exercise program."



Testosterone is a hormone naturally produced in the body that is responsible for changes in characteristics such as:

- Muscle Mass
- Fat Distribution
- Strength
- Libido

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



NEUTRAL-GRIP ALTERNATING FRONT RAISE

"A staple move that's easy to get wrong if you just swing through each rep. Slow things down. Anytime something feels difficult, you're either going too fast or using too much weight."

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MACHINE LATERAL RAISE

"Most people will scoff at this move, but I like it because it allows me to take my time to focus on one area. I also feel like I can hold the peak contraction longer with this than I can with a dumbbell. It makes me feel a lot stronger than to have momentum and gravity carry it down."



REVERSE PEC DECK



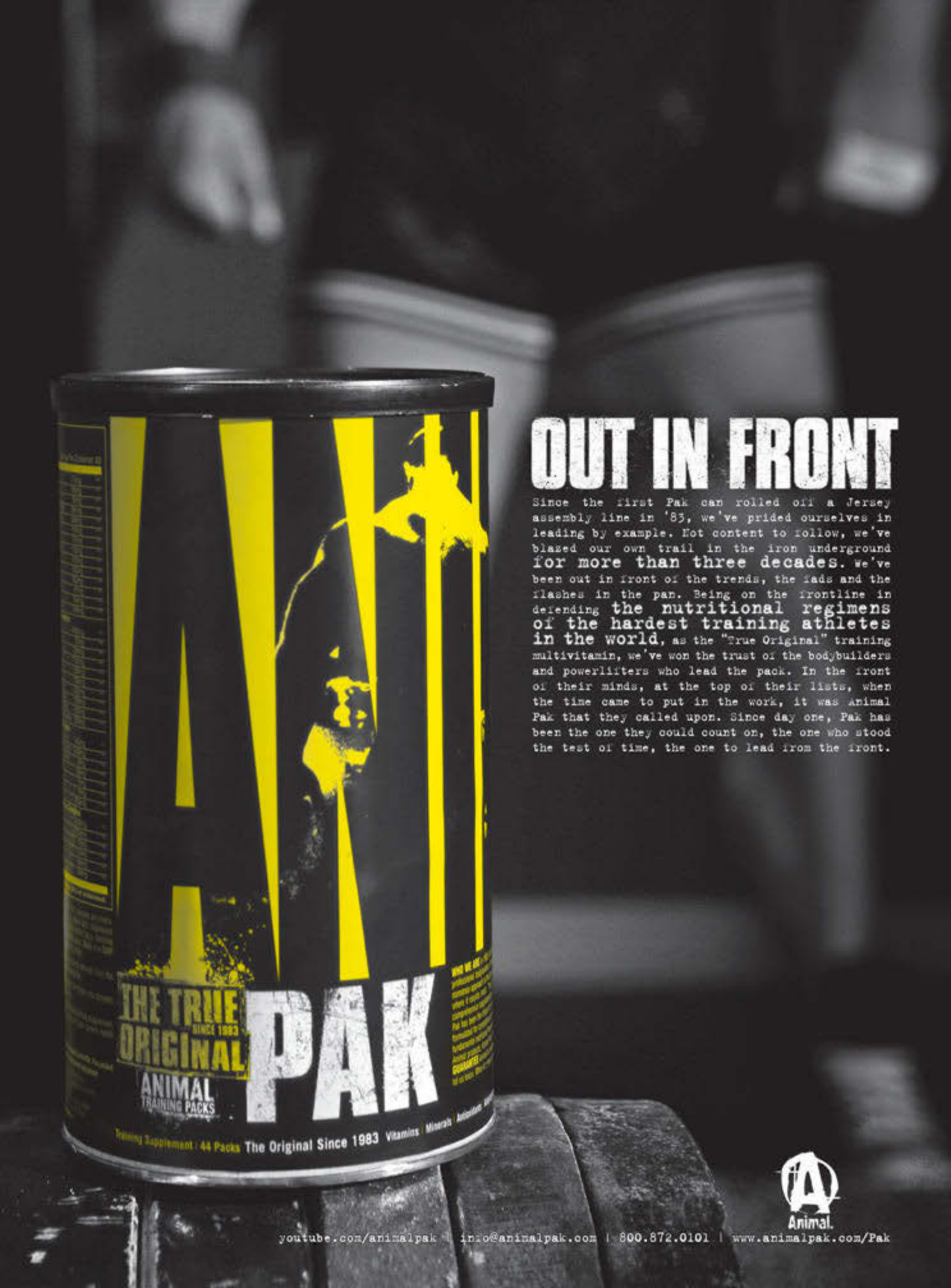
"Sometimes I try to take stress off my joints by opening up my hands and pushing back against the handles. Being tense with my arms is not going to make me lift more with my rear delts."

IT'S OK TO TRUST ENGINEERS

The most basic argument for free weights is that they allow you to use your body's most natural and intended range of motion as you move resistance through space. But Heath says it's OK to use machines...it really is.

"Is someone going to tell me that engineers failed at making all these machines?" Heath posits with a laugh. "If so, why do I get a pump when I use this equipment? I'd say look at how much they've done for me. End of story."

Heath adds that you should find machines that you're comfortable with, and if you're using a piece of equipment that is causing you pain or discomfort, then move on. But using the whole gym—not just what the masses tell you to use—is the key to filling your physique out and maximizing your potential, he says.



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BE SMART ABOUT WEIGHT AND FORM

Bodybuilding is first about building bodies—developing muscle to its limit. It may go without saying, but using weight you can handle safely within specific rep ranges is a vital part of coaxing your muscles into growing.

"I usually stick to the rep ranges listed here," Heath reveals. "But if I haven't trained in a month or eaten well, I have to start from scratch. I make sure that I'm focusing only on the tempo and technique as I aim to build strength. So I'll go in the five- to eight-rep range, with the intention of focusing on form and technique—not as heavy as it sounds. We always hear that practice makes perfect. I can't stand it, because what if you practice bad habits? If you train the wrong way, you're not going to get anything out of it. I'm going to benefit more by doing an exercise correctly and with 60% less weight. It feels more powerful when you can do it with good form, without hurting yourself. I don't have joint pain anymore because I'm doing it right—and look at my shoulders now." **FLEX**



ONE-ARM MACHINE FRONT RAISE

"Doing these one arm at a time allows me to focus more on the working side. Some people think they get enough front-delt stimulation from presses, but at the elite level you can't leave anything to chance. You need front delts that pop from every angle to give that 3-D effect."

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You can never be too wide—not when it comes to your shoulders and back. In part, this explains Dennis Wolf's success. Last year's Arnold Classic champ placed in the Mr. Olympia top six seven times over the last eight years. In the process, he turned the most muscular and rear double biceps—those best barometers of density—into breadth explosions capable of overwhelming all who pose next to him. As we count down Wolf's six recommendations for widening, we also journey six steps backward through his remarkable career to see just how far his vast wings have carried him. As Wolf proves, width rules.



Wolf at the 2014 Arnold Classic

1

CHOOSE THE RIGHT PARENTS

First, the bad news. Or the good news, if you happen to be a Wolf born in Kyrgyzstan. **The most important component in shoulder width is clavicle length,** and there's nothing you can do to alter this. Sufficient calcium and vitamin D will allow you to fulfill your bone-growth potential, but that potential is determined by your DNA. No amount of milk or shoulder stretching is going to give Phil Heath the clavicles of Dennis Wolf. Focus instead on the next five widening rules.



WIDE WORLD | PART 6: MARCH 1, 2014

Veterans Memorial Auditorium. Wolf throws his arms up and then punches down at the stage. After frustrating second-place finishes in 2011 and 2012 and avoiding the contest in 2013, he has just won the Arnold Classic. His idol, **Arnold Schwarzenegger—the legend who inspired him to take up bodybuilding** 17 years earlier—hands him the trophy. Thirty-four years after Arnold won his first title on American soil here in Columbus, OH, the 265-pound Wolf is the final bodybuilder to triumph in the Vet before the venerable venue meets the wrecking ball.

OPENER PAVEL YTHJALL; PER BERNAL (2)

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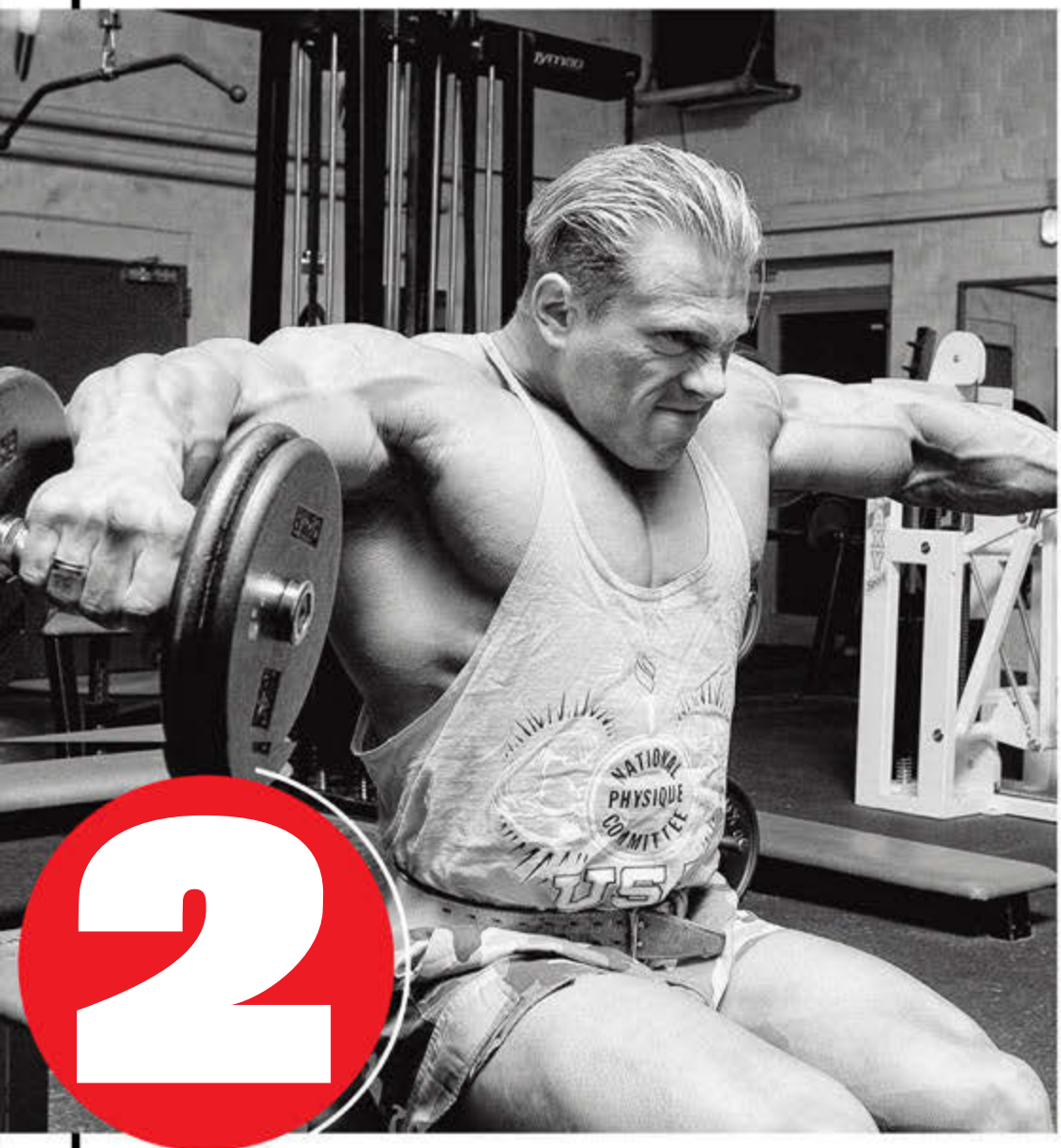


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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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2

PRIORITIZE MEDIAL DELTS

If clavicles are the great width determiner you can't change, the most important breadth component you can alter is your medial deltoids. Your middle delt heads are like flesh shoulder pads affixed to the outer edges of your skeleton. Prioritize them by hitting them first in your shoulder routine when your strength and energy are highest. "I mix up my exercise order. But **when I want to focus more on middle delts, I do them first before I do my presses,"** Wolf claims. "That would be my best advice to anyone who wants to get wider shoulders. Make sure you're doing enough work for middle delts and training them when your strength is at its best." Don't be afraid to double up your side lateral work, doing three or four sets of a second exercise in addition to dumbbell laterals. Choices for this exercise include cable laterals, wide-grip upright rows, and peak contraction laterals (focused only on the top portion of the movement).

WIDE WORLD

PART 5: AUG. 18, 2013

Las Vegas Athletic Club. Just under six weeks remain before the Mr. Olympia. It'll be Wolf's eighth consecutive year entering bodybuilding's Super Bowl. **Although he's been in the top six five times,** to his great frustration, he's never landed in one of the coveted top three positions. After a disappointing sixth in 2012, his dream of making bodybuilding's triumvirate may be slipping away. He remembers the sting of much lower placings and the euphoria when it seemed the entire Orleans Arena was howling his name. Hopes and fears drive him through this back workout. Another rep! And another! And one more! Just under six weeks later, when the Olympia bronze medal is draped over his immense traps, third place feels like a victory.

KEVIN HORTON

IG: @scivation

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*Schoett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2020, 6(Suppl 1):P1

*Schoett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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WOLF'S SHOULDER ROUTINE

EXERCISE	SETS	REPS
Seated Dumbbell Lateral Raise	4	10–12
One-arm Cable Lateral Raise	3–4	10–15
Dumbbell or Barbell Overhead Press	4	10–12
Front Dumbbell Raise	4	10–12
Bentover or Decline Rear Lateral	4–5	10–12

PAVEL YTHJALL

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3

HAVE A DELT DAY

Throughout his career, Wolf has given his delts their own workouts devoid of any other upper-body exercises. He typically follows his shoulder routine with 12 sets for calves—the body part farthest away. Others may train delts after chest or before biceps and/or triceps. Not Wolf.

One day per week is dedicated to dealing with shoulders without any neighboring body parts distracting his focus. "I've always liked to give shoulders their own day," he avers. "Delts are involved with a lot of other things—chest, back, even some triceps exercises—so I want to make sure they have a workout focused only on them. As for traps, I can train them after delts or after back, either way. I switch it up sometimes, depending on when I have the most energy left over."

WIDE WORLD | PART 4: SEPT. 25, 2009

Koji Sushi Bar and China Bistro. "Top six?" Wolf asks, and before I can answer he follows with, "Top 10?" He's grinning. All he can do is joke. In a restaurant in the Orleans Casino an hour after Mr. Olympia prejudging, he knows, because of the callouts, **he won't be landing in a money spot.** Indeed, he's destined for a DNP (did not place)—out of the top 15. It's a shocking and humbling fall for a top contender who was fourth in this contest the year prior. Maybe the placing is too harsh, but he's borderline smooth and precontest expectations were sky-high. By the time he takes his first bite of sashimi, he's moving on. This weekend will fuel workouts, cardio sessions, and low-carb meals for years to come.



PAVEL YTHJALL (2)



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4

GET DOUBLE DIGITS

Wolf didn't expand his outer edges by hoisting especially heavy weights. Whether working delts or back, he aims for at least 10 reps every set. "I never got much out of lower reps. I like the 10–12 [rep] range," he says. "But if I can get more after 12, I'll keep going." For the 2014 Arnold Classic champ, **it's all about feeling his muscles stretching and contracting on each rep** and maintaining strict form. To avoid cheating, he prefers to do most of his shoulder exercises and at least some of his back exercises seated. Moderate reps, proper technique, and intense focus are the chief ingredients in his recipe for effective workouts.

WIDE WORLD

PART 3: SEPT. 28, 2007

Orleans Arena. The crowd is crying "Wolf." In his sophomore pro league year and having been punked with a DNP in his rookie O outing, the 28-year-old German is dominating the second callout of the Olympia. His most muscular and front lat spread are the best in the entire contest. **Some will argue he deserves the Sandow.** He certainly should've been at least a place or two higher, but when Wolf ultimately finishes fifth, it's still one of the greatest leaps—from DNP to the pose-down—in bodybuilding history. And he becomes a de facto top contender for 2008.



PAVEL YTHALL; KEVIN HORTON

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*"Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise," Dr. Raemusaen, et al., 2012.

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5

EXPAND THE X

It's not enough to merely expand the top of your torso. Bodybuilding is always about creating an illusion. If you have a narrower middle (abdomen and hips), your top (shoulders and upper lats) will appear wider. Furthermore, if you have a broader base (quads), your middle will appear narrower and, in turn, your top will seem wider. Ideally, your physique's outline should form an X. The owner of one of the best X frames in bodybuilding is the big, bad Wolf.

We've already addressed his shoulder training. **His upper lats are also superb.** On back day, Wolf focuses on the standards: front pulldowns and various types of rows (barbell, one-arm dumbbell, T-bar, and machine). To broaden his quads, he targets his vastus lateralis (outer quads) by cranking out some of his leg presses and hack squats with a narrow stance. You can also point your toes inward on these exercises as well as on leg extensions to place greater tension on the outer edges of your thighs.



KEVIN HORTON

WIDE WORLD | PART 2: DEC. 3, 2005

Fun Factory. The gym in Recklinghausen, Germany, is closed on short notice so that FLEX photographer Kevin Horton can capture a bodybuilder whom virtually no one in America has heard of. Wolf, who turned 27 just over a month earlier, recently won the overall IFBB World Championships. Most such titlists never even compete in the pro league. None, over the previous 10 years, had won a pro show. But Wolf is different. **We at FLEX saw the immense potential of the then-247-pound German,** who earned the right to go pro just a few months after fellow phenom Phil Heath. One of the photos snapped at this shoot is destined to adorn our March 2006 cover, announcing the arrival of "the IFBB's newest sensation."



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WIDE WORLD | PART 1: FEB. 12, 1997

Wolf family house. The 18-year-old has taken up kickboxing in his family's adopted village of Marl in eastern Germany. (His family emigrated from the former U.S.S.R. country of Kyrgyzstan in 1992.) And he recently joined a gym in nearby Recklinghausen. He idolizes Arnold Schwarzenegger. Weighing a mere 162 pounds, **he's tired of being weak and scrawny.** He's going to mold the physique he dreams of possessing. He's going to seize control of his life. Dennis Wolf has made up his mind. He's going to be a bodybuilder.

6

MANAGE YOUR MIDDLE

We've covered the top and bottom of X-frames. The third component is the middle, which is crucial for making the outer edges appear broader. To maintain a slender waist, Wolf avoids direct oblique work. Though he rarely works abs in the off-season, he always keeps his body weight within 15% of his contest target. He knows ballooning his middle would make it very difficult to later regain a tight abdomen.

Wolf's natural structure also helps his middle management. His lagging lower lats are generally considered a weakness. While it's true he lacks the sort of floor-sweeping lats that Kai Greene has in spades, this benefits him in some poses. Part of the reason his rear double biceps is so astonishing is because his high lats clear out space so his center is especially svelte. (In contrast, Greene's ultra-low lats make his waistline appear blockier.) But we've talked enough about genetics. Forget your DNA. It was determined before you were born. Instead, go about changing the things you can change—maximizing your delt, lat, and outer-quad size and minimizing your middle. FLEX

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BY ROBERT IRVINE

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COURTESY OF MICHAEL IRVINE;ANDREW PURCELL; FOOD STYLING BY CARRIE PURCELL





Eating fish like branzino—which is rich in omega-3 fats—two to three times a week can significantly lower your risk of heart attack, depression, stroke, Alzheimer's, and diabetes.

BRANZINO WITH WHITE WINE AND MUSHROOMS

YIELDS 4 SERVINGS

INGREDIENTS

- **1 tbsp** grapeseed oil
- **1½ tsp** salt
- **1½ tsp** ground white pepper
- **½ cup** all-purpose flour
- **4** (6 to 7 oz) branzino fillets; skin on, boneless
- **1 cup** white wine, such as chardonnay
- **2 cups** low-sodium vegetable broth
- **1 cup** fresh mushrooms, quartered
- **1 tbsp** fresh parsley, minced
- **1 tbsp** fresh thyme, minced
- **1 tbsp** fresh rosemary, minced
- **1 tbsp** fresh garlic, minced
- **2 oz** (¼ stick) unsalted butter

NUTRITIONAL INFO

CALORIES **344**

PROTEIN **15G**

CARBS **9G**

FAT **26G**

DIRECTIONS

1 Heat oil in a sauté pan over medium-high heat until almost smoking.

2 Add salt and pepper to flour; coat both sides of each fillet.

3 Sauté fillets until golden brown for 2–3 minutes each side, then keep warm on a plate covered with foil until ready to serve.

4 Add wine to the sauté pan to deglaze, and allow liquid to reduce by half, 3–4 minutes; add broth and reduce by three-quarters, 4–5 minutes.

5 Add mushrooms, herbs, and garlic. Stir and reduce by half, 2–3 minutes. Remove from heat and whisk in butter.

6 Plate fillets, top with pan sauce, and serve. Enjoy!

CUBAN FLANK STEAK

YIELDS 4 SERVINGS
CALORIES: 1,222 PROTEIN: 95G CARBS: 4G FAT: 90G

INGREDIENTS

FOR DRY RUB

- **1 tbsp** salt
- **2 tbsp** cumin
- **2 tbsp** paprika
- **2 tbsp** garlic powder
- **1 tbsp** crushed red pepper
- **2 tbsp** Cajun seasoning

FOR CHIMICHURRI

- **1** bunch cilantro
- **1** bunch parsley
- **1** dash crushed red pepper
- **3** garlic cloves
- **1 cup** grapeseed oil
- Juice of **1** lemon
- Zest of **2** lemons
- **1 tbsp** red wine vinegar
- **2 tbsp** water

FOR STEAK

- **3** lb flank steak
- **1** Vidalia onion, cut into ½-inch rings
- **2** tbsp grapeseed oil
- Salt and pepper
- **12** lime wedges
- **½** bunch cilantro

DIRECTIONS

1 Combine all dry rub ingredients in a mixing bowl.

2 Place all chimichurri ingredients in a blender. Mix until almost smooth.

3 Preheat the grill, and season steak on both sides with rub. Brush onions with oil and season with salt and pepper. Place steak on grill and cook to desired doneness. Add onions when steak is almost done.

4 Once done, let steak rest while grilled onions are placed into a mixing bowl. Squeeze 6 lime wedges on top of onions. Add half the cilantro sprigs.

5 Slice meat on a bias and arrange on a platter with onions on top. Drizzle with chimichurri; garnish with remaining cilantro and lime.

NICK FERRARI; FOOD STYLING BY COREY BELLE

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When trimmed of fat, pork chops can have a comparable macro profile to white-meat chicken.

PORK CHOPS & APPLE HASH

YIELDS 6 SERVINGS

INGREDIENTS

BRINE

Juice of **1** lime

Juice of **1** lemon

Juice of **1** orange

2 tbsp kosher salt

1 tbsp fennel seed

2 qt water

PORK CHOPS

6 (8 oz) boneless pork chops

2 tbsp grapeseed oil

APPLE HASH

2 tbsp grapeseed oil

2 cups Yukon Gold potatoes, sliced

1 cup red onions, sliced

2 cups apples, sliced

1 tsp Tabasco

DIRECTIONS

1 Combine brine ingredients and simmer over medium heat for 20 minutes. Allow to cool, add chops, and refrigerate for 4–8 hours.

2 Heat 2 tbsp of grapeseed oil in a sauté pan over high heat, add potatoes, and cook for 6–8 minutes. Add onions, and continue cooking for 3–4 minutes. Turn the heat down, stir in apples, cook for 4 more minutes, then add Tabasco and stir.

3 In a hot sauté pan, add 2 tbsp grapeseed oil. Add chops and sear for 6–7 minutes per side until golden brown. Serve chops with apple hash.

NUTRITIONAL INFO

CALORIES **468**

PROTEIN **60**

CARBS **17G**

FAT **15G**

ANDREW PURCELL; FOOD STYLING BY CARRIE PURCELL

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CHICKEN SKEWERS

YIELDS 6 SERVINGS

NUTRITIONAL INFO

CALORIES	PROTEIN
312	29G
CARBS	**FAT**
28G	10G

INGREDIENTS

CHICKEN & MARINADE

- **2 cups** plain, low-fat yogurt
- **2 tbsp** lemon juice
- **1 tbsp** cayenne pepper
- **1 tbsp** ground cumin
- **1 tbsp** fresh ginger, minced
- **1 tbsp** ginger juice
- **2 tbsp** cinnamon
- Salt, to taste
- **1 tsp** white pepper
- **2 lb** chicken breasts and thighs, diced

SAUCE

- **2 tbsp** butter
- **2 tbsp** garlic, minced
- **2 tbsp** jalapeño or Scotch bonnet pepper, seeded and finely diced
- **1 tbsp** cumin
- **1 tbsp** sea salt or kosher salt
- **1 tbsp** smoked paprika
- **2 cups** tomato puree or paste
- **1 cup** half-and-half
- **½ cup** reduced-fat sour cream
- **14-16** 6-inch skewers

DIRECTIONS

1 To prepare chicken and marinade, blend yogurt, lemon juice, cayenne, cumin, ginger, ginger juice, cinnamon, salt, and pepper in a bowl.

2 Add chicken, and allow meat to marinate for at least 30 minutes. Do not overmarinate.

3 To prepare sauce, melt butter in a large heavy skillet over medium heat.

4 Sauté garlic and jalapeño for 1 minute. Season with cumin, salt, and paprika.

5 Stir in tomato puree, half-and-half, and sour cream. Simmer on low heat, about 20 minutes, until sauce thickens.

6 Preheat grill to medium-high.

7 Thread chicken onto skewers and grill on first side for 3–4 minutes. Flip and repeat. Once cooked on the second side, brush both sides with warm sauce and garnish with chopped green onions or cilantro if desired.

SEARED RIB EYE & DIRTY RICE

YIELDS 4 SERVINGS CALORIES: 775
PROTEIN: 59G CARBS: 76G FAT: 25G

INGREDIENTS

SALSA VERDE

- **2** large green tomatoes
- **¼ cup** fresh cilantro leaves
- **¼ cup** small yellow onion, diced
- **2** tbsp white balsamic
- **1** tbsp garlic, minced
- **1** tbsp grapeseed oil
- **2** jalapeños, seeded
- Salt and pepper

DIRTY RICE

- **1 tbsp** grapeseed oil
- **½ cup** small yellow onion, diced
- **1 cup** cooked black beans
- **2 tbsp** small carrots, diced, previously boiled, semisoft
- **½ cup** tomato juice
- **3 cups** cooked white or brown rice
- **½ cup** celery leaves, tips only
- **1 tbsp** Cajun spice

STEAKS

- **2 tbsp** grapeseed oil
- **4** (8 oz) rib eye steaks, trimmed
- **1 tbsp** sea or kosher salt
- **1 tsp** freshly ground black pepper

DIRECTIONS

1 Dice tomatoes, then puree them in a food processor or blender.

2 Add cilantro, onion, balsamic, garlic, oil, and jalapeños to the mixture and purée again. Season with salt and pepper. Place in the refrigerator for at least 1 hour to allow the flavors to merge. Warm grapeseed oil in a sauté pan over medium-high heat. Add onions and cook, stirring until they're translucent, about 3–4 minutes.

3 Add cooked beans and carrots, and allow to warm.

4 Add tomato juice, and reduce the heat to medium-low. Cook until juice has reduced to ¼ cup, for 3–4 minutes.

5 Add rice. Warm mixture to blend the flavors over medium-low heat for 5 minutes.

6 Once rice has warmed and juice has finished reducing, remove from heat and add celery leaves. Taste and season to preference with Cajun spice.

7 Warm oil in a large sauté pan over high heat for 1–2 minutes. Season steaks on both sides with salt and pepper, then add them to pan. Reduce to medium-high heat, and cook for 3–4 minutes. Flip steaks and repeat.

8 Remove steaks from pan and allow them to rest for a few minutes. Serve over dirty rice, and finish with salsa verde.



TOP: GORMAN STUDIO; FOOD STYLING BY ADRIENNE ANDERSON; BRAD BRIDGERS; FOOD STYLING BY MICAH MORTON

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BBQ GLAZED SALMON

YIELDS 1 SERVING

INGREDIENTS

BBQ SAUCE

1 tbsp ketchup

1 tsp brown sugar

1 tsp rice wine vinegar

½ tsp Worcestershire sauce

½ tsp stone-ground mustard

BLACK-BEAN COMPOTE

1 tsp grapeseed oil

1 tbsp small red onion, diced

1 tbsp small bell pepper, diced

1 tbsp tomatoes, diced

½ cup canned black beans, rinsed and drained

Salt and freshly ground black pepper

2 tsp red wine vinegar

1 tsp fresh parsley, minced

2 tsp cilantro, minced

SALMON

Oil for grilling

1 (6 oz) salmon fillet

Salt and freshly ground black pepper

DIRECTIONS

BBQ SAUCE

Whisk together all ingredients in a bowl, add to a saucepan, and cook over low heat for 5–6 minutes or until the flavors have blended. Set aside.

BLACK-BEAN COMPOTE

Heat oil in a saucepan over medium-high heat until on the verge of smoking. Add onions and cook, stirring frequently, until onions are slightly translucent, about 5 minutes. Reduce the heat to medium. Add peppers, tomatoes, beans, salt, and pepper to taste, and cook for 9–10 minutes. Remove from heat, add vinegar, parsley, and cilantro, and stir.

SALMON

1 Preheat a gas or charcoal grill to medium-high heat. Coat the grill plates with oil to prevent sticking.

2 Season salmon fillets with salt and pepper, and grill for 7–8 minutes on the first side. Carefully flip over fillets, and continue cooking for 5–6 minutes. Once cooked, remove and glaze with BBQ sauce.

3 Spoon black-bean compote onto the center of a plate and top with glazed salmon. **FLEX**

NUTRITIONAL INFO

CALORIES	PROTEIN	CARBS	FAT
534	19G	37G	51G

Use the leftovers

Dice the salmon, mix with light mayo and barbecue sauce, and spread over whole-wheat toast.



BRAD BRIDGERS; FOOD STYLING BY MICAH MORTON



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STEAK AU POIVRE WITH MUSHROOMS

YIELDS 6 SERVINGS

INGREDIENTS

- **¼ cup** + **2 tbsp** grapeseed oil
- **2** shallots, julienned
- **1 lb** cremini mushrooms, quartered
- **1 lb** shiitake mushrooms, stemmed and quartered
- **3 oz** brandy
- **1 tsp** fresh thyme, chopped
- **3 oz** heavy cream
- **6** (8 oz) strip steaks
- **4 tbsp** cracked black pepper
- Sea salt

NUTRITIONAL INFO

CALORIES	PROTEIN	CARBS	FAT
686	72G	15G	33G

DIRECTIONS

1 Heat a large sauté pan over medium-high heat. Add 2 tbsp of grapeseed oil, then add shallots and all the mushrooms. Cook for 3–4 minutes, until mushrooms are slightly caramelized. Deglaze carefully with brandy. (It can catch fire.)

2 Add thyme and heavy cream. Continue to cook mushroom-shallot mixture, and allow cream to reduce in pan for 3–4 minutes. Season with salt and pepper. Set aside.

3 Heat 2 large pans on high heat, and split ¼ cup of oil between the pans. Crust steaks with cracked black pepper on one side only. Season with salt. Place steaks in the hot pans, crust-side down, and sear for 3 minutes.

4 Flip steaks and sear for another 3 minutes. Reduce heat to medium, and continue to cook to desired temperature. Tent loosely with foil and let rest for 3 minutes before serving with mushrooms.

BBQ PORK BURGER

YIELDS 4 SERVINGS
CALORIES: 844 PROTEIN: 82G CARBS: 47G FAT: 33G

INGREDIENTS

- **1 cup** BBQ pulled pork (see instructions)
- **1/4 cup** BBQ sauce (see instructions)
- **2 lbs** 90% lean ground beef
- Kosher salt and ground pepper
- **4** slices Wisconsin cheddar cheese
- Nonfat cooking spray
- **4** kaiser rolls
- **1** cup coleslaw
- **1** large tomato, sliced
- **1** red onion, cut into rings

BBQ PULLED PORK AND COLESLAW

- **1 lb** Boston butt (pork shoulder)
- **2 tbsp** Cajun spice
- **3 cups** pork or chicken stock
- **¼ cup** red wine vinegar
- **½ cup** medium-diced carrots
- **½ cup** medium-diced celery
- **½ cup** medium-diced onions

BBQ SAUCE

- **1 cup** ketchup
- **½ cup** stone-ground mustard
- **½ cup** Worcestershire sauce
- **⅓ cup** light brown sugar
- **⅓ cup** rice wine vinegar
- **2 tbsp** BBQ rub or Cajun spice

DIRECTIONS

BURGERS

1 Mix pork and sauce and heat in a small pan over medium heat,ensuring not to burn.

2 Portion out 4 beef patties, adding salt and pepper.

3 Cook burgers to desired doneness in a broiler or on a grill. Top with pork and a slice of cheese.

4 Spray buns with cooking spray and "grill" in a pan.

5 Place ¼ cup slaw on each bun, then 1 tomato slice, 2 red-onion rings, burger patty, and top bun.

BBQ PULLED PORK

Preheat oven to 275°. Sprinkle pork with Cajun spice and place in deep roasting pan. Add stock, vinegar, and vegetables. Cover with foil and roast for 3 hours. Remove and shred the meat with a fork or your hands.

BBQ SAUCE

Whisk ketchup, mustard, Worcestershire sauce, sugar, vinegar, and spice. Heat in pan for 10 minutes.



TOP: ANDREW PURCELL; FOOD STYLING BY CARRIE PURCELL; NICK FERRARI; FOOD STYLING BY MATT VOHR

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FRIED CHICKEN

YIELDS 4 SERVINGS

INGREDIENTS

- **½ cup** all-purpose flour
- **1 tbsp** salt
- **1 tbsp** freshly ground black pepper
- **2 lbs** skinless chicken breast
- **1 tbsp** grapeseed oil
- **¼ cup** white wine
- **¼ cup** yellow onion, finely diced
- **¼ cup** fresh lemon juice
- **2 tbsp** garlic, minced
- **2 tbsp** fresh parsley leaves, minced
- **1 tbsp** butter, at room temperature

DIRECTIONS

1 Preheat oven to 375˚.

2 Combine flour, salt, and pepper in a small bowl. Dust chicken on both sides with flour, coating well.

3 Heat grapeseed oil in a large sauté pan over medium-high heat. Add floured chicken, cooking until slightly browned–4–5 minutes. Flip and repeat.

4 Once browned, finish chicken in oven for about 6 minutes, or until internal temperature reaches 160–165˚.

5 Remove chicken from oven, discard excess oil from pan, and keep chicken warm on a covered plate.

6 Return pan to medium heat and add wine to deglaze–which means you use what's in the pan to create your jus. Add onions, stir, and cook until slightly translucent, about 3–4 minutes.

7 Add lemon juice and garlic, stir again, and cook until warmed.

8 Remove from heat, and stir in parsley and butter to finish sauce. Serve over chicken. Complete your meal with steamed broccoli or another vegetable.

NUTRITIONAL INFO

CALORIES	PROTEIN	CARBS	FAT
388	55G	16G	9G



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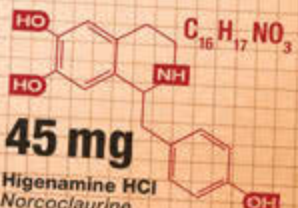
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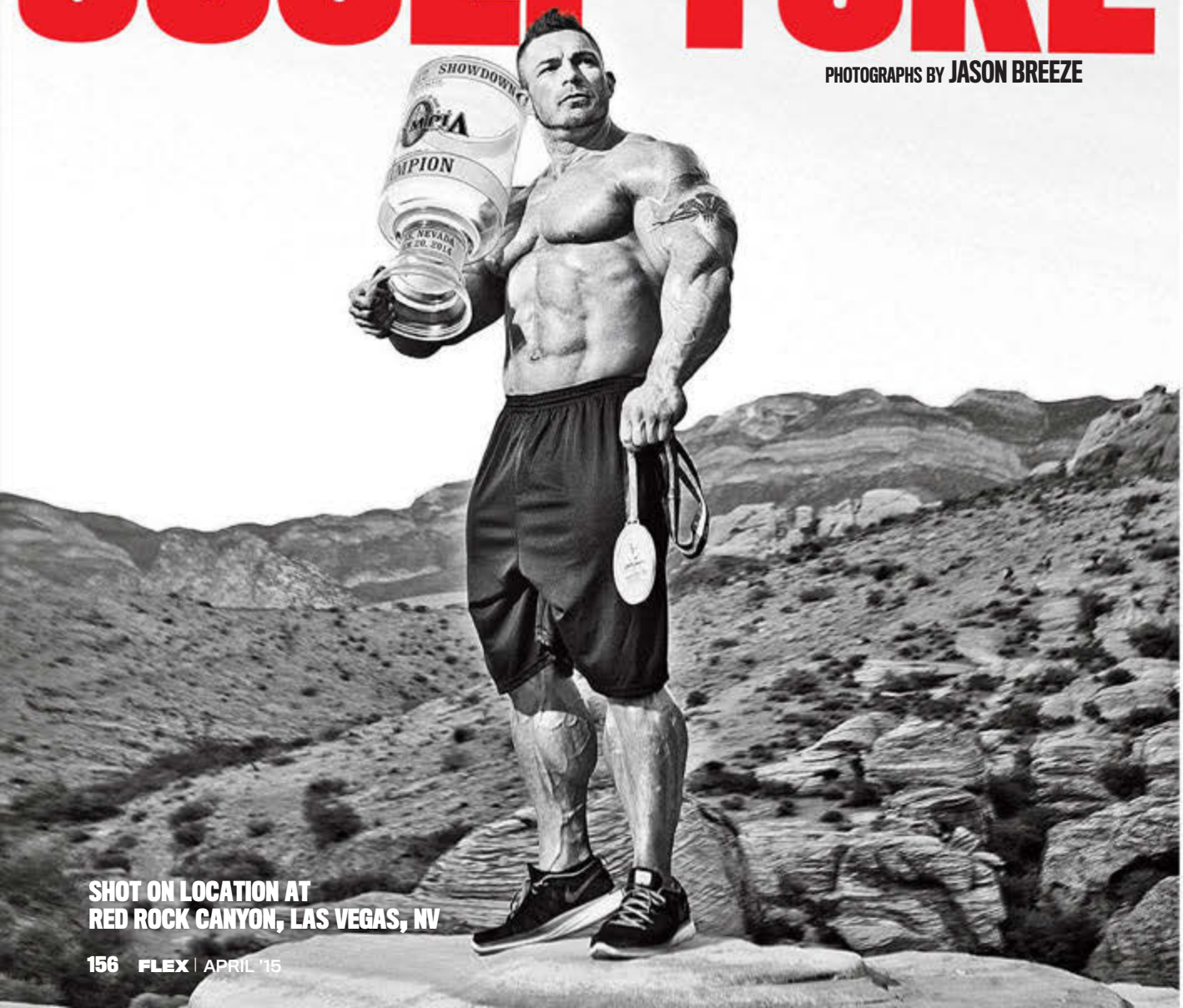
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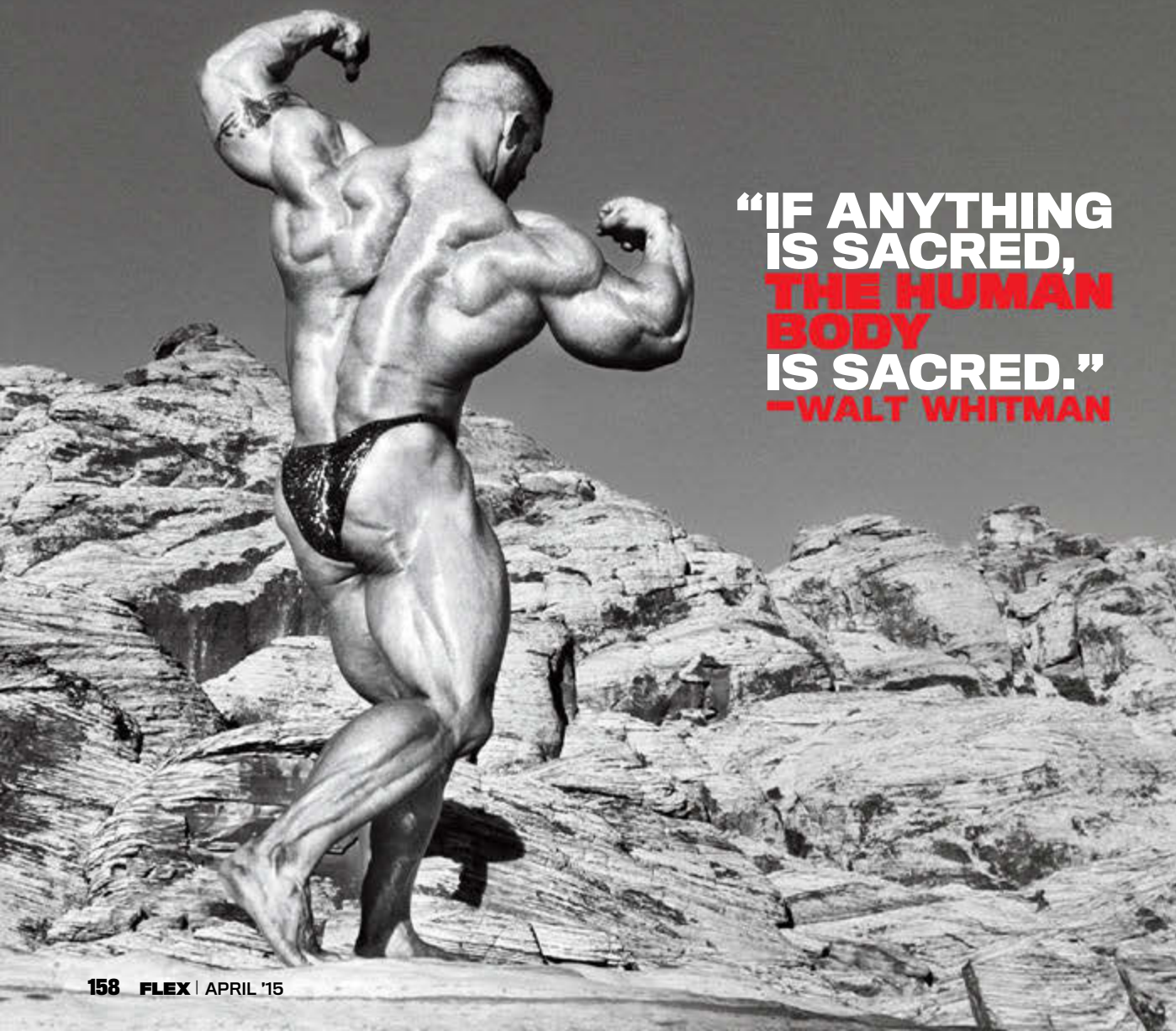
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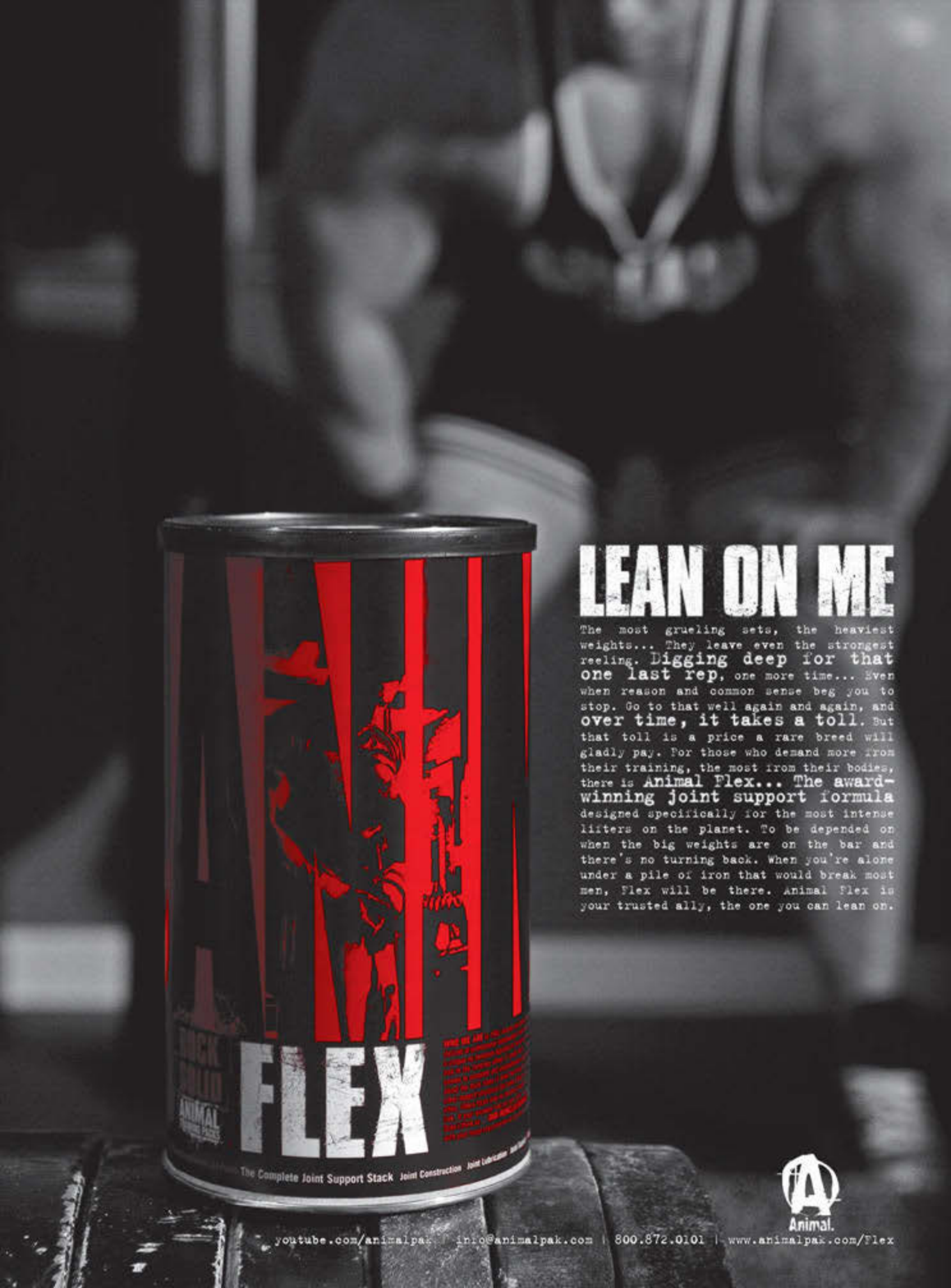
†When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

BODYBUILDING IS UNIQUE AMONG SPORTS

in that contests are won not based on athletic skills, but on the development of one's physique. Competitors don't "best" one another onstage with squats, rows, curls, and the like. Exercises performed in the gym are merely the behind-the-scenes work leading up to a finished product that gets displayed in the spotlight. Then, poses like front double biceps, side chests, and rear-lat spreads highlighting muscular size, symmetry, proportion, and definition, based on the subjective assessment of judges, separate winners from losers. It is this appreciation of the human form, in a competitive arena, that makes bodybuilding a combination of sport and art. But make no mistake about it, the visual element of bodybuilding, the molding of muscles into a work of perfection, is what inspires us to create, to do things we never thought we could.

In this FLEX special, Red Rock Canyon in Nevada serves as the backdrop for premier lensman Jason Breeze and his subject, reigning three-time Olympia 212 Showdown champion Flex Lewis. Breeze's vision and Lewis' physique, combined with the timeless magnificence of Red Rock, are the perfect formula to show bodybuilding artistry at its finest–and most inspirational.



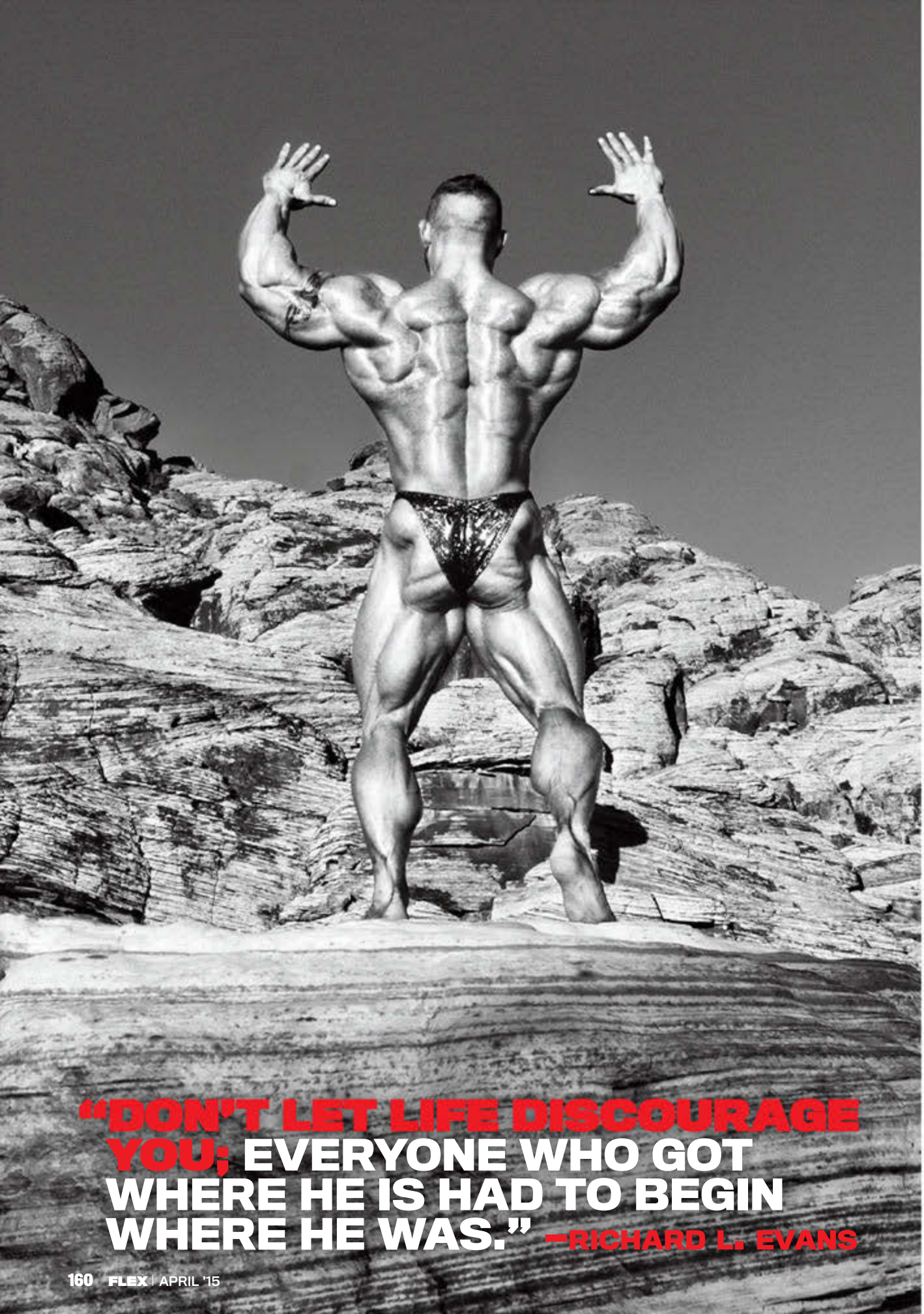


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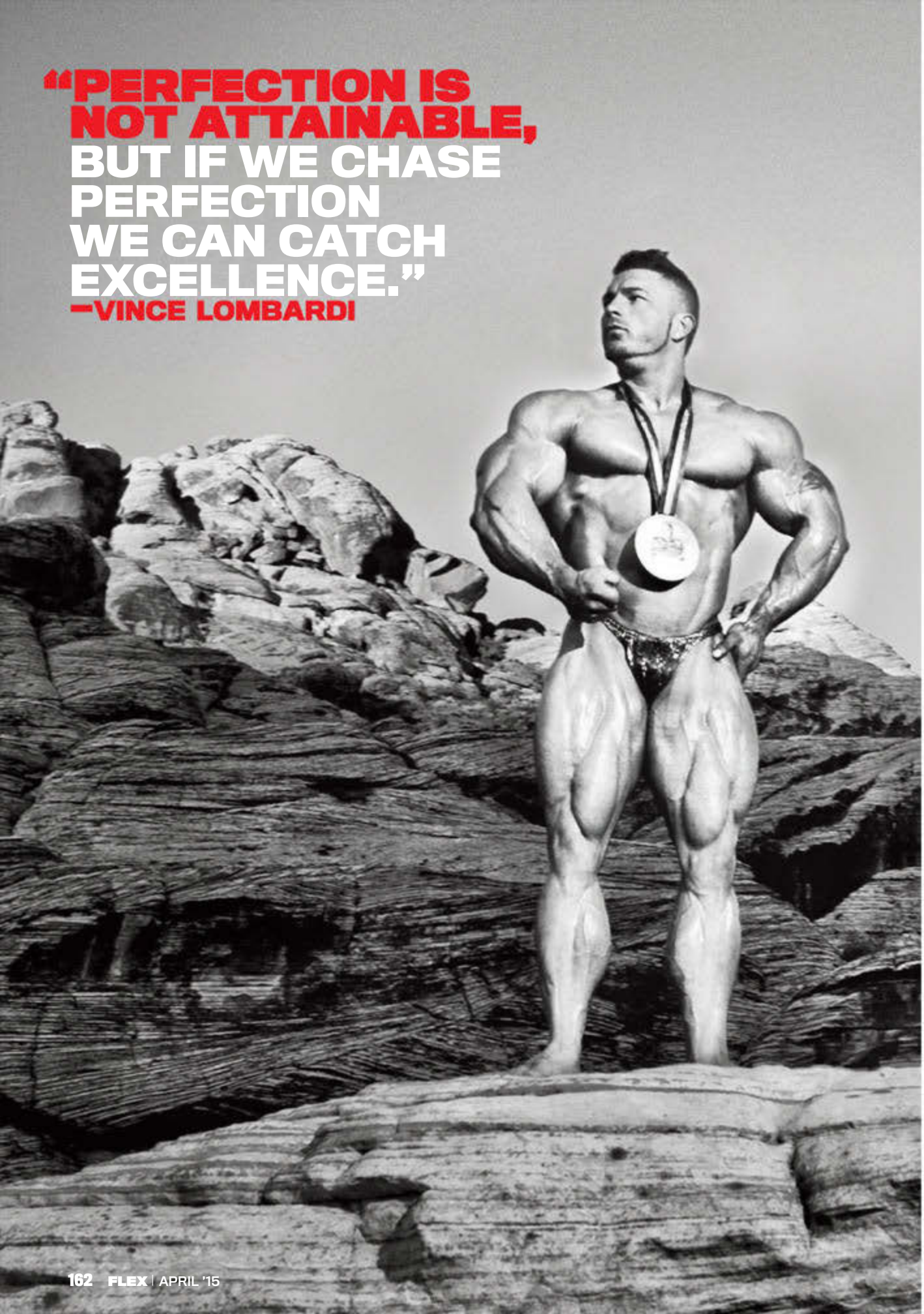
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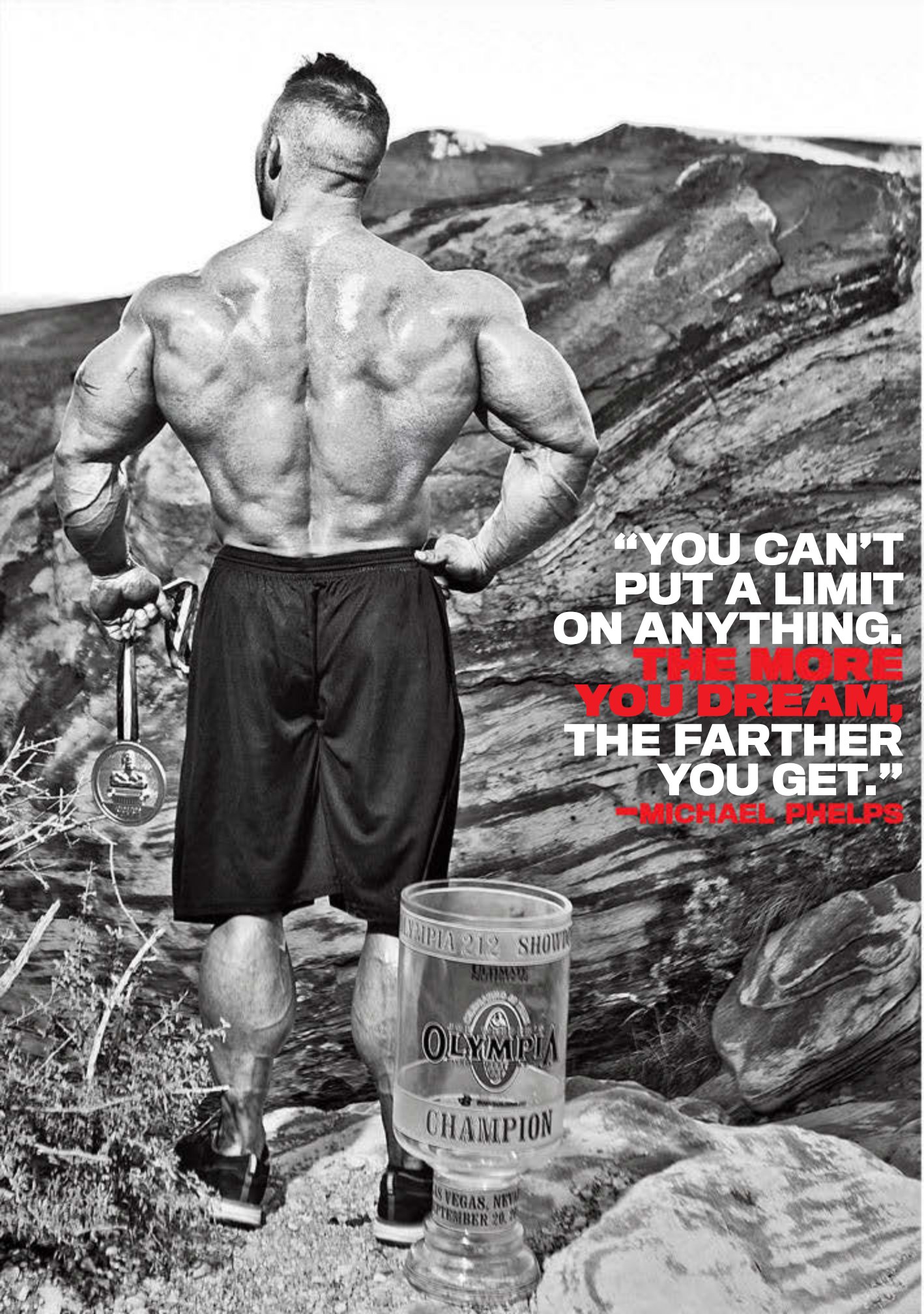
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MORE THAN MEETS THE EYE

MONIQUE RICARDO IS A KNOCKOUT WHO CAN LITERALLY KNOCK YOU OUT

PHOTOGRAPHS BY IAN SPANIER

Monique Ricardo is more than just a sight for sore eyes. The leggy 5'10" Virginia native is also a model, IFBB bikini pro, Brazilian jiu-jitsu black belt, and three-time International Brazilian Jiu-Jitsu Federation world champion. Since placing eighth at the 2010 Bikini Olympia, Ricardo has scaled back her competition schedule significantly to focus more on her family and BJJ career. In 2014 she took the stage only once, earning 14th place at the Dallas Europa.

"Competing for world titles and doing bikini shows takes a lot of time," she explains. "It's hard to dedicate 12-14 weeks for a bikini competition and continue jiu-jitsu training. I like to give 110% to whatever I'm doing, and right now it's jiu-jitsu."

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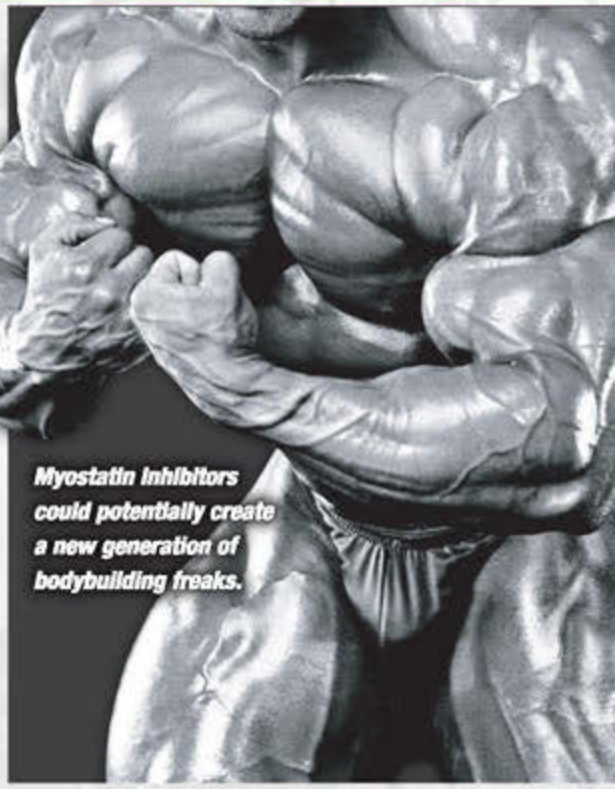
FLEX: Are we going to see you onstage at all this year?
MR: I'm not sure. My goal is to one day be in the jiu-jitsu Hall of Fame, and learning jiu-jitsu techniques, going to fight camps, and participating in tournaments are big-time investments.

Any interest in taking up mixed martial arts?
I might try my hand at MMA after I master grappling. It's not out of the question.

Do you consider your time as a pro bikini competitor a net positive?
I'm thankful for my experience competing in the IFBB, and the discipline and work ethic it taught me.

Janet Layug, your younger sister, placed second at the Bikini Olympia last year. Does she often hit you up for advice?
Sometimes she calls and asks how to juggle things while traveling, or for tips for packing food or making it taste better.

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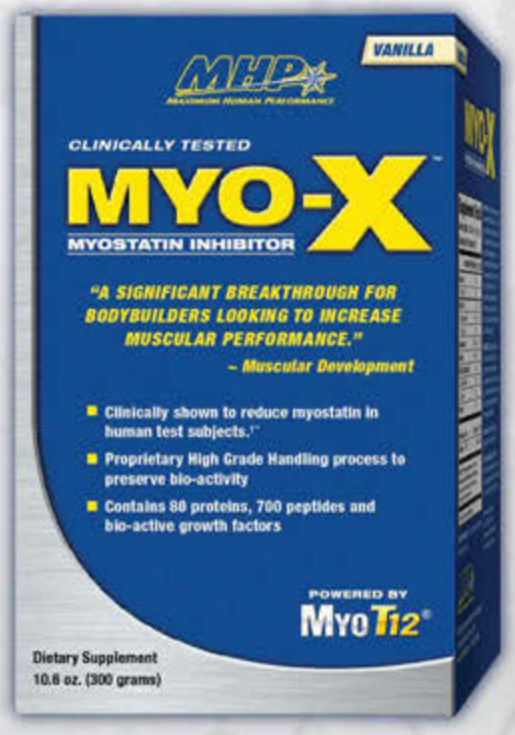
New Groundbreaking Clinical Study Reveals The Muscle Building Power of MYO-X

Your quest for building muscle may finally be realized. In a recent landmark clinical study at the University of Tampa Human Performance Laboratory, MHP's myostatin inhibitor MYO-X was shown to significantly enhance muscle growth in athletes. The placebo controlled study showed that subjects training only two times per week for 12 weeks significantly gained lean muscle mass. Subjects who supplemented with MYO-X daily were able to add up to 8 lbs. of lean muscle mass, while gaining an amazing 4 times greater increase in total muscle thickness as compared to control.+

> **"The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance."**
>
> **– Dr. Robert Ashton, M.D.**

Myostatin is a potent catabolic limiting factor for growth. This natural negative growth factor protein exists in all of us, and works to limit muscle growth in a genetically predetermined pattern. Scientific evidence supports the correlation between reductions in myostatin and muscle growth. MYO-X has already been shown in prior clinical trials to significantly reduce myostatin levels in human test subjects. The scientists at MYOS Corporation, a biotech company that specializes in the science of muscle health, conducted this most recent study to demonstrate the muscle building effects of MYO-X.

"The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance," says Dr. Robert Ashton, M.D., Chief Medical Officer at MYOS Corporation. The impressive results of this new scientific study are good news for athletes and fitness enthusiasts looking to increase muscle mass, and show that MYO-X is a powerful one-of-a-kind muscle building supplement. Now you can take advantage of this exciting new development in muscle building science with MHP's clinically tested MYO-X.



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"MY WORKOUT ROUTINES FOR BIKINI COMPETITIONS AND JIU-JITSU TOURNAMENTS ARE SIMILAR. I TRAIN HEAVY BEFORE SWITCHING TO HIGHER REPS TO ADD MORE CONDITIONING AS THE COMPETITION NEARS."

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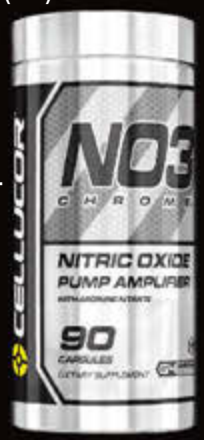
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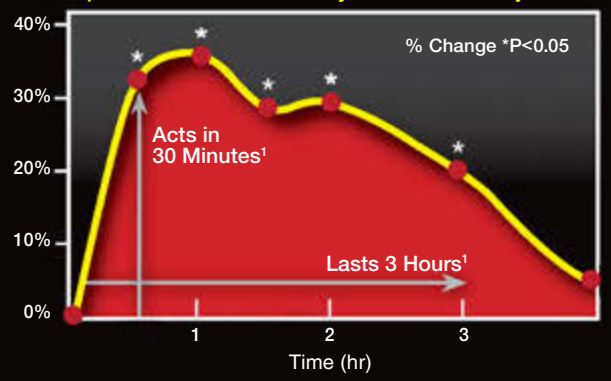
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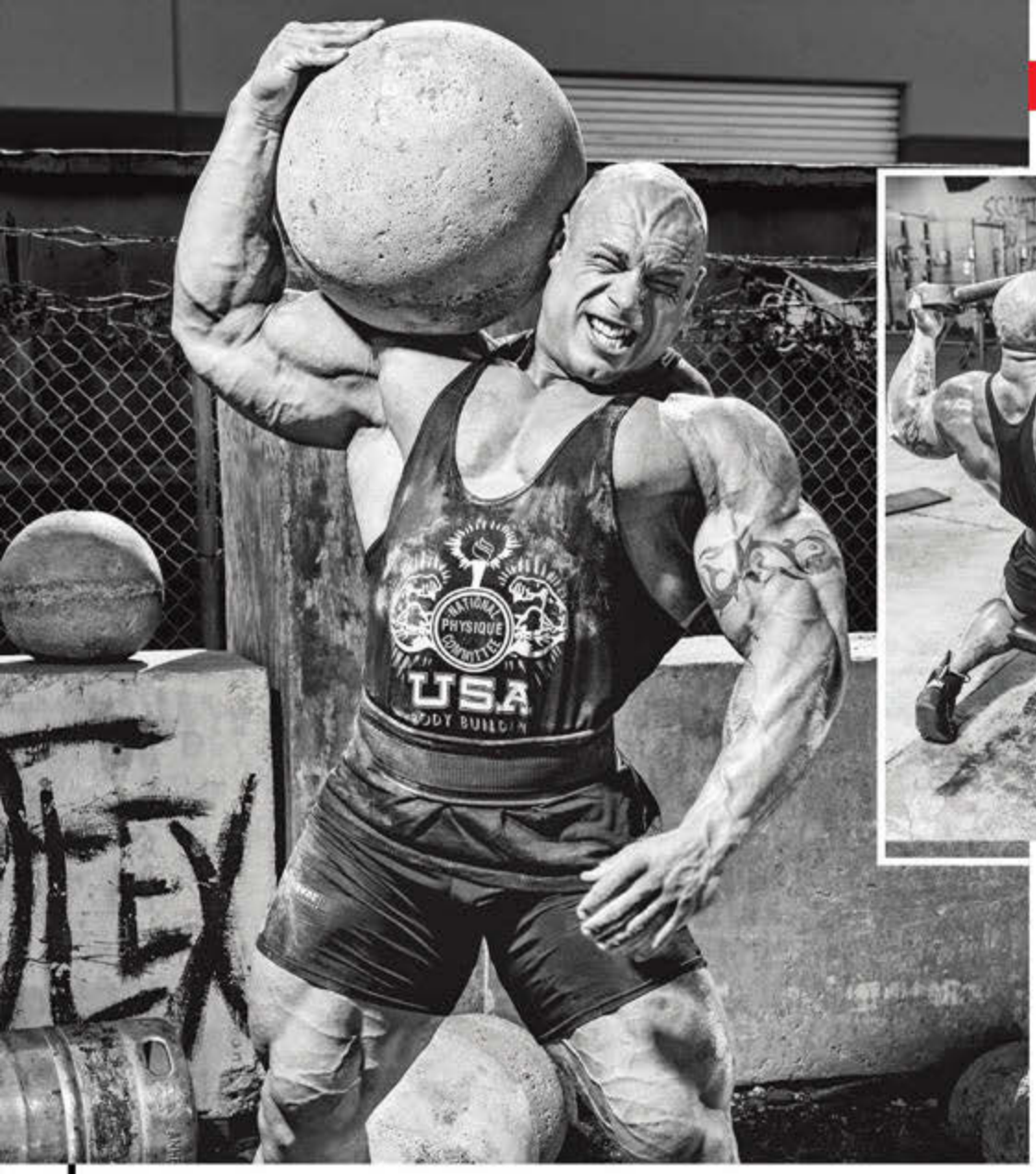

NATIONAL
PHYSIQUE

THE BIG ROCK

BY MARK BARROSO
PHOTOGRAPHS BY PER BERNAL

FRENCH BODYBUILDER MORGAN ASTE WANTS THE U.S. BODYBUILDING SCENE TO KNOW ONE THING: LOOK OUT

As Mamdouh "Big Ramy" Elssbiay continues to amaze people around the world, it's safe to say the reverence for sheer mass is alive and well. That raises the inevitable question, "Who will be the first guy to out-mass Big Ramy?" Well, we found a guy who can match up pound for pound with the two-time New York Pro winner. Meet French bodybuilder/strongman Morgan Aste.





A TWO-TIME WINNER OF FRANCE'S STRONGEST MAN (2010 AND 2013), ASTE DECIDED TO RETURN TO HIS ROOTS AND DIVE BACK INTO BODYBUILDING IN 2014.

The super-heavyweight won the 2014 IFBB French Championships and placed ninth at the 2014 Arnold Amateur Europe. In 2015, Aste looks to make an impact on the American bodybuilding scene. "My first U.S. contest will certainly be in the NPC during the summer," says Aste. "My goals in bodybuilding are to get my pro card, participate in the Mr. Olympia, and have a long career."

So, who is this 352-pound mass monster?

A native of Lyon, France, Aste participated in several sports before he even started lifting weights, including soccer, handball, judo, boxing, and Muay Thai.

"I noticed I had better physical abilities than the other boys, and I was constantly asked if I was lifting weights, so I started lifting when I was 16 years old," says Aste. "My strength gains were spectacular, and when I was 20 years old I competed in my first bodybuilding contest to see how I was doing compared with the other guys."

At age 20, Aste weighed 195 pounds and started working out with trainer René Même, the creator of the MACS 7 training method. Même has been Aste's personal trainer ever since.

"MACS 7 is based on the interaction be-



MORGAN ASTE STATS

Age 31

Height 6'3"

Arms 24.4"

Contest weight 297 lbs

Off-season weight 352 lbs

Residence Lyon, France

Sponsor Eric Favre Laboratoire



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[1]Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.).
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tween various modes of muscular contractions and different training techniques," Aste says. "It allows for short muscle-building sessions without overloading the skeletal system."

After competing in a few more bodybuilding competitions in his 20s, Aste made the switch to strongman to make a statement that bodybuilders could hold their own in strength sports.

"I convinced myself that a lot of people were considering bodybuilding a sport for getting big muscles, but without strength," Aste says. "I wanted to compete with the strongmen to prove that bodybuilders were powerful and able to lift very heavy weight."

Bodybuilders dabbling in powerlifting and vice-versa is a feat achieved by some athletes—for example, Matt Kroczaleski, Johnnie Jackson, and Stan Efferding have competed in both arenas—but Aste is a prototype: He can switch gears between bodybuilding and strongman.

Aste, arguably still the strongest guy in France, holds the French record for one rep of the log press (170 kg/374.786 lbs), lifted a 170-kg (374.786 lbs) Atlas stone for one rep, and pulled a 13-ton truck for more than 20 meters (21.87 yards). And still, he says bodybuilding is harder than strongman.

"The main lesson I learned from making the change from bodybuilding to strongman is that bodybuilding is much more rigorous and difficult because it involves more discipline in nutrition and training," Aste says. "When you're onstage, judgments can be difficult to accept, so you have to be more tolerant, while in strongman you either lift the weight or you don't lift it."

Aste understands that he still has work to do in his journey to

ASTE'S CHEST WORKOUT

Perform each pair of exercises as a superset. For the second exercise within each superset, Aste performs eight reps with the first weight listed. The last 12 reps are a dropset performed with the second weight listed.

Exercise	Sets	Reps	Weight (lbs)	Rest
Bench Press superset with Incline Bench Press	1	12 20	462 352, 264	90 sec.
Bench Press* superset with Incline Bench Press	1	failure 20	462 308, 264	2–3 min.
Incline Bench Press superset with Incline Dumbbell Flye	1	6 20	462 110, 77	2 min.
Incline Bench Press** superset with Dumbbell Flye	1	6 20	308 110, 77	2 min.
Incline Bench Press*** superset with Dumbbell Flye	1	failure 20	330 110, 66	2 min.
Bench Press	1	failure	462	

*Negative reps. Take six seconds to lower the bar.

**Rest-pause reps. Do three reps, rest 15 seconds and do three rest-pause reps, resting 15 seconds between reps.

***At the halfway point of each rep, pause three seconds then fully extend arms to complete lift.

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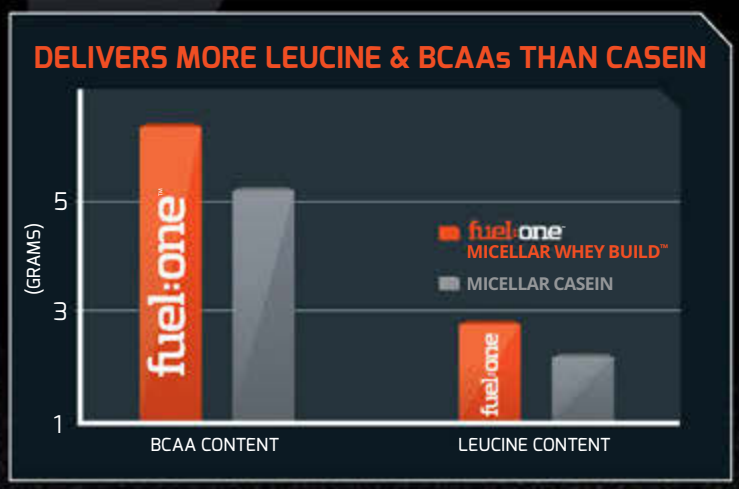
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"BEFORE BEING BIG AND STRONG, I'M A MAN FULL OF LOVE, HUMILITY, AND RESPECT."



bring a symmetrical package to the stage. He says he wants to expand his deltoids, upper pectorals, and biceps, in addition to working on the definition and sweep in his thighs. The Frenchman revealed his biggest inspirations throughout his bodybuilding career.

"Arnold Schwarzenegger, because he is a legend, and for me, Ronnie Coleman is one of the greatest bodybuilders of all time," Aste says.

In the fall of 2014, Aste did a photoshoot at Gold's Gym in Venice, CA, and he plans to go back to Los Angeles in 2015. He's also coming to Big Ramy's house: the New York Pro.

"I will attend the New York Pro with René and Eric Favre," Aste says. "We intend to train in some famous New York gyms."

Favre is the founder of Eric Favre Laboratoire, a sports nutrition company based in France, and has worked with three Mr. Olympia competitors: Lionel Beyeke, Luc Molines (212), and Nathalie Mur (Bikini). Favre nicknamed Aste "the Big Rock."

"Eric used to tell me, 'You're strong as a rock,' but since 'the Rock' is already adopted by Dwayne Johnson, he told me, laughing, 'you'll be the Big Rock.' Two hours later, my nickname and logo were online."

Aste's message to the U.S. is one that he's been championing his entire life.

"Before being a big and strong guy, I'm a man full of love, humility, and respect," Aste says. "It's magic to see the capacity at which our bodies can develop."

We have a feeling that after Aste's U.S. debut, there will be less "Who's that guy? He's huge!" and more "That's Morgan Aste. He's French and he's huge!" **FLEX**

ASTE'S STRONGMAN WORKOUT

Exercise	Weight	Duration
Atlas Stone Carry	330 lbs	15 carries
Farmer's Carry	793 lbs	20 meters
Tire Flip	881 lbs	10 flips

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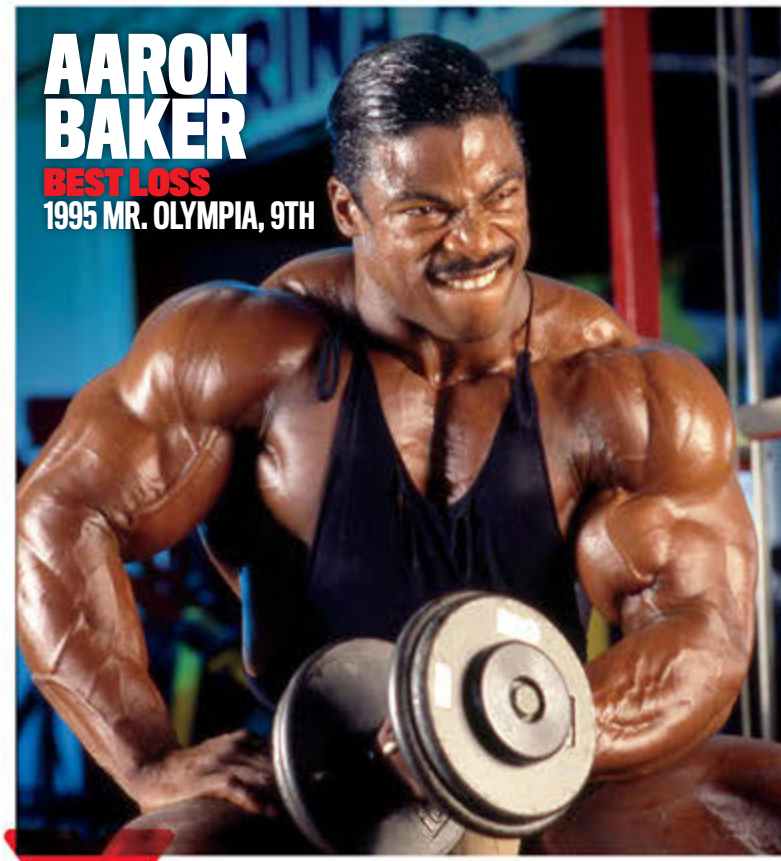
LOSERS

15 BODYBUILDERS WHO WERE MUCH BETTER THAN THEIR CONTEST RECORDS

BY GREG MERRITT PHOTOGRAPHS COURTESY OF WEIDER HEALTH AND FITNESS

Winning isn't everything. Contest placings are always dependent on the opinions of fallible judges as well as the physiques of other competitors. Sometimes the best bodybuilder doesn't win. And sometimes someone superb is simply defeated by those who are even better.

The 15 men on our alphabetical honor roll never won an IFBB pro contest or cracked the Olympia top three. Six of them failed to earn pro cards. Still, all 15 of these contest underachievers were developmental overachievers. We emphasized those who were slighted on score sheets or bottled up in talent logjams, as opposed to those who never lived up to their immense potential. And in the spirit of this celebration, we've included seven routines and training tips focused on overlooked body parts and techniques. At long last, the losers get their due, because, ultimately, bodybuilding isn't about contest results. It's about physical results.



AARON BAKER

BEST LOSS

1995 MR. OLYMPIA, 9TH

Despite enough shapely muscle to hang with anyone, Baker had only one significant win over an NPC and IFBB career that lasted more than two decades. That was the 1990 USA Championships, and it only came after six pro-qualifier top five finishes. The big league proved even more frustrating for this Californian. In 25 contests over 11 years, Baker cracked only five posedowns. Though he had enough density to contend for Sandows, his conditioning was frequently muddled, and he got lost in the stacked lineups of the '90s. That wasn't true in 1995, however, when, at 34, the 5'8" 240-pounder twice pushed a less-than-optimum Flex Wheeler to the brink. Controversially, Wheeler got the nod in both shows. Baker's photos still wow physique fans today, but he rarely wowed judges during his long career.

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ROLAND CZIURLOK

BEST LOSS
1996 ARNOLD CLASSIC, 7TH



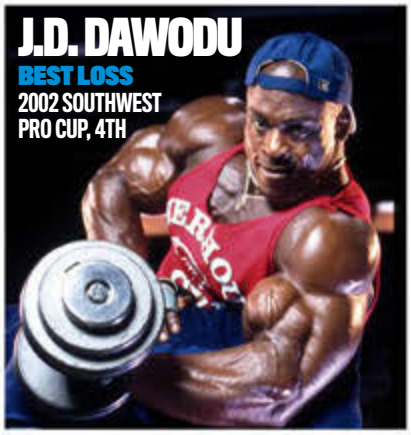
This 5'8" Polish-born German was on no one's radar screen when he made his pro debut at the 1994 Mr. Olympia. He placed 18th. Still, FLEX noticed his incredible density and details. "Why Was This Man Overlooked at the 1994 Mr. Olympia?" we asked on the cover of our February 1995 issue. By then, he had been given some due, placing fifth in three Grand Prix contests after the Mr. O. Cziurlok was only 26 when he burst onto the mid-90s pro scene, but that scene was already overcrowded with an ever-expanding gaggle of legends jockeying for the biggest prizes. A decade later, he could've collected professional titles. Instead, in 14 pro contests until his 2001 retirement, his highest placing was fourth. Returning in 2011 for the Masters Pro World at 44, he was high-def but landed out of the money yet again. Despite his mediocre placings, there was never anything average about Cziurlok's physique.

CZIURLOK'S GLUTES ROUTINE

EXERCISE	SETS	REPS
Standing Lunge	4	15–20
Machine Glute Kickback	4	15–20

J.D. DAWODU

BEST LOSS
2002 SOUTHWEST PRO CUP, 4TH



Four years passed between Dawodu winning the 1992 British Championships and his pro debut. Thereafter, he barely made a ripple during his 18-contest, eight-year professional career. His best finish was fourth—four times—and he was 17th out of 21 in his only Olympia (2001). But don't judge a physique by a record. This 5'7", 235-pound Englishman sported a striking V-taper and two of the best guns ever flexed—a combination that spawned a superb front double biceps. He lacked ab clarity, and his conditioning was sometimes cloudy. But, nevertheless, Dawodu always seemed to land a few spots too low. He should've won at least one of those times he was fourth—the 2002 Southwest Pro Cup. He never got much love from judges, but in the early '00s, J.D. Dawodu displayed one of the world's densest bodies.



EDGAR FLETCHER

BEST LOSS
1990 NPC NATIONALS, LIGHT-HEAVYWEIGHT 2ND

Lining up with heavyweights (before there was a super-heavy class) often more than a half-foot taller than he was, 5'6" Fletcher never appeared squat. He wore his 210 pounds like a stylish suit. And he melded a dramatic V-taper, superb arms, and an ab vacuum into one of history's best front double biceps poses. After leaping into bodybuilding's collective consciousness with a second-place heavy finish at the 1990 Nationals, the then-25-year-old Pennsylvanian seemed destined for big paydays. It wasn't to be. In eight pro qualifiers over the next five frustrating years—often just missing his peak—he placed third five times and fourth twice. That initial runner-up spot was his high-water mark. Fletcher, who last competed in 2000, remains one of bodybuilding's greatest "What if's?"

LIGHTEN UP

Fletcher grew his gargantuan arms thanks to wimpy weights. You read that right. He believed if you couldn't flex your biceps intensely during curls you were going too heavy. He might use only 50 pounds for 10 reps of preacher curls, but he made it feel like 120 by tensing throughout and holding each contraction for two seconds.

CZIURLOK & DAWODU: CHRIS LUND



xxx
SHOULDER SUPERSET

Fox superset expanded-range upright rows (pulled to forehead level) with seated rear laterals. This worked his traps and entire delt complex together.

xxx

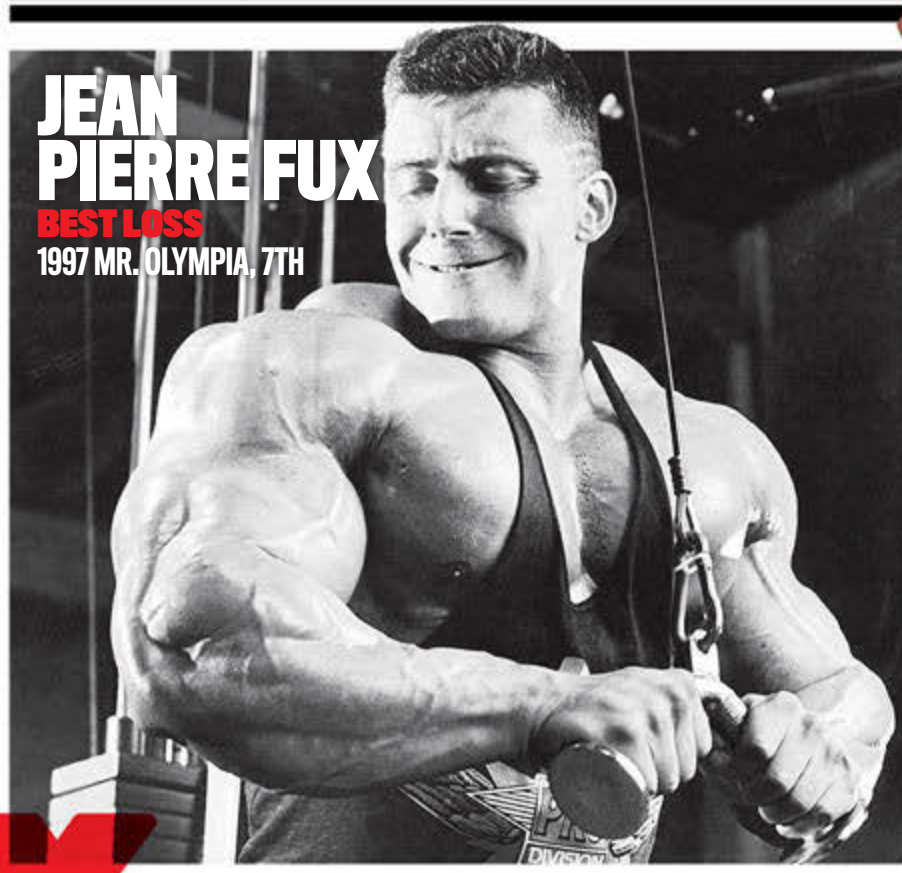
BERTIL FOX

BEST LOSS 1983 MR. OLYMPIA, 5TH

When this Caribbean-born Englishman and two-time NABBA pro Mr. Universe made his IFBB pro debut in 1981 around the time he turned 30, it was one of the most anticipated arrivals in muscle history. This was the "lightweight era" when men like Frank Zane, Franco Columbu, and Chris Dickerson won the Mr. Olympia weighing south of 200. At 5'8" and 230, Fox was their antithesis. His pecs, traps, and arms remain today among the fullest ever seen, and it seemed possible his mass could carry him to the Olympia throne. But he never got traction in the IFBB.

He was fifth in that aforementioned debut. Many thought he should've won the 1982 Night Of Champions when he was at his leanest, but he was edged out by a peeled Al Beckles. The following year, he was fifth in the Olympia and in contention for Grand Prix titles afterward. That was his zenith. He remained in the mix for the rest of the '80s, including a seventh at the 1986 Olympia and a sixth at the 1989 Arnold Classic, but he was no longer a sensation. The much wider Lee Haney eclipsed him. Fox last competed in 1994. Convicted of double murder in 1998, he is currently serving a life sentence in a Caribbean prison.

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JEAN PIERRE FUX

BEST LOSS

1997 MR. OLYMPIA, 7TH

Nobody overlooked Fux. When he made his pro debut in 1996, the 27-year-old, 5'11" Swiss was 270 pounds with one of the widest backs ever seen. His lats, traps, pecs, and quads were incredibly inflated. Taken as a whole, his body wasn't aesthetic, but there was too much of it to ignore. And Fux was seemingly everywhere. He did nine pro contests that rookie season, with placings ranging from ninth (pro debut at Arnold Classic) to second (post-Olympia Grand Prix show). His eighth-place Olympia debut was exceptional considering how strong the lineup was.

Fux's only problem was bad timing. He leapt into the IFBB Pro League when it was chockablock with living legends. He fended many of them off. For example, he beat Ronnie Coleman (the year before he won the Sandow) and Chris Cormier in the 1997 Olympia, and yet six other icons relegated him to seventh. By the end of the '90s, his conditioning was frequently blurry. When he tore tendons in both knees in 2002, his career effectively ended. Fux impacted the pro scene only for three years from 1996–98, and that period ended before he was 30. Unfortunately for him, those were arguably the three most talent-laden years in bodybuilding history.



IAN HARRISON

BEST LOSS

1995 ARNOLD CLASSIC, 7TH

Lost in the vast shadow of fellow Englishman Dorian Yates, it's easy to forget just how great Harrison was at a very young age. In 2009, we ranked him as the 11th best teenage bodybuilder of all time, ahead of Lee Haney, Shawn Ray, and Branch Warren. (That takes into account only what they did as teens.)

When he won the 1989 British Championships (the year after Yates), Harrison was only 20, which remains the record for youngest to take that title. While further filling out his six-foot X-frame, he, like J.D. Dawodu after him, waited four years before making his pro debut. Then, even with 260 pleasing pounds, the broad Brit had difficulty gaining judges' attention in the extremely deep lineups of the '90s. In 13 pro contests from 1993–98, Harrison made one posedown. When he, retired he was only 29. Today, he owns a gym in Florida.



JIM HAISLOP

BEST LOSS 1969 NABBA MR. UNIVERSE, TALL 1ST (LOST OVERALL)

Sporting capacious shoulders, a svelte waist, and dramatic quad sweeps, this Floridian used his 5'11" X-frame and 220 proportional pounds to win both the 1966 Mr. North America and the 1967 Mr. USA. Following a runner-up finish in the '67 Mr. America, Haislop took the Mr. America title in '68, defeating five future IFBB pros, including 1982 Mr. Olympia Chris Dickerson. A similar pattern nearly occurred in the Mr. Universe. After placing second in the tall class of the 1968 Mr. U, he won that Mr. U division the next year. But he lost the overall. And that was the end. At a time when only Mr. Universes qualified for the Mr. Olympia (and while Sergio Oliva was dominating with Arnold Schwarzenegger rising fast), he hung up his posing trunks at 27. Nearly forgotten today, Jim Haislop rapidly ascended to very near the pinnacle of bodybuilding in the earliest years of the pro era.

WEAK-SIDE WORKOUTS

To improve his symmetry, Haislop occasionally devoted entire workouts to training only the weak side of his body. He did exercises like one-arm curls and one-leg extensions with only his weakest limb.

FUX & HARRISON: CHRIS LUND



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EDUARDO KAWAK

BEST LOSS 1987 MR. OLYMPIA, 8TH

Maybe Eduardo Kawak had grown complacent. After all, he'd racked up nine pro titles in inferior organizations over the previous five years before he first stepped on an IFBB dais in 1986. Flexing one of the most densely developed physiques of the '80s, the then-27-year-old Lebanon native was accustomed to dominating NABBA and WABBA Pro World Championships. Fine detailing had not been required to win non-IFBB contests, but his lack of spaghetti striations held him back in the IFBB Pro League. Still, one can argue he deserved higher placings when considering how much muscle he had in areas others lacked, like abs. In 15 pro shows over three years, a fourth marked his only posedown appearance. He returned to European-based organizations in 1989, subsequently collecting two more pro titles. He later gave the IFBB another try, last competing in 1999, seven years before his death. Though he is one of the most accomplished non-IFBB victors of all time, Kawak barely made a ripple in the IFBB.

KAWAK'S ABDOMINAL ROUTINE

EXERCISE	SETS	REPS
Roman Chair Situp	4	25
Seated Leg Raise	4	25
Rope Crunch	4	25



CENTURY CLUB

For periods, Leidelmeyer did a routine consisting of three exercises per body part and only one set per exercise. The catch was that set lasted 100 reps. He typically paused at least once for as many seconds as reps remained. For example, if he reached failure at 65 reps, he paused for 35 seconds and then continued.

RORY LEIDELMEYER

BEST LOSS 1983 NPC NATIONALS, HEAVYWEIGHT 2ND

This Holland-born Californian was already a muscle magazine cover model when, at 23, he finished a close second in the Mr. America light-heavy class to the overall victor. It seemed a mere delay of the inevitable. With his symmetrical thickness, surely he would contend for Olympia titles for a generation. In 1983, weighing 224, his was either the best or second-best physique at the Nationals (Rich Gaspari, Mike Christian, and Matt Mendenhall all placed behind him), but another surprising phenom, Bob Paris, was appraised No. 1. In retrospect, this was the then-25-year-old Leidelmeyer's zenith. Thereafter, he looked untouchable in pre-contest photos, but muddled stage conditioning pushed his dream progressively further away. He was judged the fifth-best heavy at the 1984 Nationals, sixth in 1986, ninth in 1987, and, coming back at age 36, 14th in 1994. Today, photos of him from the '80s capturing his rare combination of pleasing aesthetics and abundant mass continue to inspire.

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MOSES MALDONADO

BEST LOSS 1982 NPC NATIONALS, LIGHT-HEAVY 1ST (LOST OVERALL)

The main reason for several amateur-only Americans making our list was that so few NPC pro cards were handed out in the '80s and early '90s. No one suffered more from this than Maldonado. At 26 in 1982, he won the loaded light-heavy class of the inaugural NPC Nationals with thickness, detailing, and aesthetics. Unfortunately, only the overall Nats champ or IFBB World Championships class winners went pro then. Future eight-time Mr. O Lee Haney won the Nats overall. And Maldonado was the only American not to take his class at the World (he was third). Torturously, this New Yorker was second in the Nationals light-heavy class the next two years (once to Rich Gaspari) and fourth behind three future pros in 1985. And that was it. Maldonado, who seemed like a sure-thing professional just three years prior, hung up his trunks at 29 with a stellar NPC record but zero pro contests.



BEAU MATLOCK

BEST LOSS
1991 USA, LIGHT-HEAVY 1ST (LOST OVERALL)

He's nearly forgotten today, but Matlock was a juggernaut in 1991 when merely 21. That year, this 5'7" New Jerseyan won the Junior USA overall and the light-heavy class of the USA, and placed third in the Nationals. At a time when you had to take the USA overall to go pro, many favored Matlock's artistic physique over the freakier Mike Matarazzo's for the USA crown. Regardless, everyone felt the losing "Mat" would soon be competing for pro prizes. Moving up to the unlimited class (at 208) in the 1992 Nationals, he narrowly missed again, placing second ahead of Edgar Fletcher and six future pros. Unwisely staying in the heaviest division, he struggled the following year. When he last competed, placing sixth in the 1994 USA, Matlock was only 24. And though that was 21 years ago, he's still younger than Dexter Jackson today.

MATT MENDENHALL

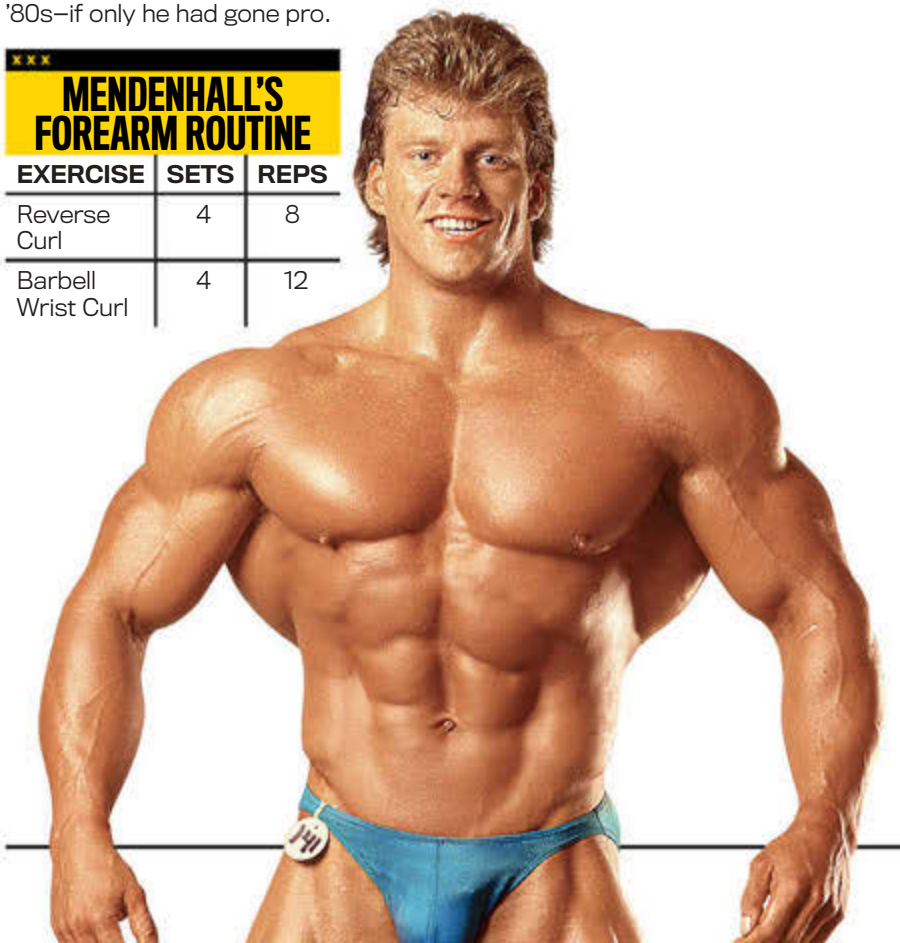
BEST LOSS 1982 NPC NATIONALS, HEAVYWEIGHT 2ND

One of the 22-year-old, 5'11" phenoms in the 1982 NPC Nationals was winner Lee Haney. The other, Matt Mendenhall—second behind Haney and ahead of five future pros in the heavy class—was destined to remain an amateur. Despite an outrageous X-frame coupled with traps-to-calves density universally labeled "can't miss," somehow he missed. After a fifth in the 1983 Nationals, he bounced back the following year for another second (ahead of Leidelmeyer). In 1985, he won the USA heavy class, but lost the overall. Then at the World Games (a pro qualifier), he was second once again.

In 1986, he became a three-time Nationals runner-up. Incredibly, it was the fifth occasion he landed one spot away from a competitor turning pro! It seemed someone always showed up in the shape of his life to edge past him. (He later learned he had a lingering yeast infection, which caused water retention.) Three more times he entered the Nats. Weighing 255 in 1991 at 31, he was fifth in the deepest amateur class of all time. He never competed again. Haney also retired that year, also at 31—but after winning his eighth Sandow. Mendenhall had enough properly placed muscle to challenge Haney's Olympia dominance in the '80s—if only he had gone pro.

MENDENHALL'S FOREARM ROUTINE

EXERCISE	SETS	REPS
Reverse Curl	4	8
Barbell Wrist Curl	4	12



MATLOCK: CHRIS LUND

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MUSTAFA MOHAMMAD

BEST LOSS

2005 MR. OLYMPIA, 10TH

Nine years are missing. The Jordanian-born Mohammad rose as high as he could go in non-IFBB contests, winning two world amateur titles in 1992 at age 26. Then he vanished. During what should've been his peak, he stayed off stages and focused on his new family and career in Austria. When he finally made his IFBB pro debut in 2001, he was 35. In his 24 IFBB contests, he never placed higher than third. Often he was a nonfactor. Mohammad failed to achieve the arid look necessary to collect the biggest checks, but his physique type didn't lend itself to grainy detailing. Though repeatedly passed over by judges, fans celebrated his 3-D depth. At 5'8" and 240 pounds, his pecs, abs, and quads were especially dense. Two questions remain unanswered. How high could he have climbed if he'd dialed in his conditioning? And what would his record have been if he'd competed on pro stages when he should've been at his best?





DANNY PADILLA BEST LOSS 1981 MR. OLYMPIA, 5TH

He was the Giant Killer. At only 5'2" and 170 pounds, you might have thought Rochester, NY's Danny Padilla wouldn't stand a chance against much taller men who outweighed him by more than 50 pounds. But his Goliath-slaying reputation was born when he won the 1975 Mr. USA and 1977 Mr. America overalls. Despite his shortness and thickness, his mass was perfectly proportioned and aesthetically pleasing. A fan favorite, he was the little engine that could. In his pro debut in 1978, he battled Robby Robinson to a close second. They repeated that epic dual with the same debatable result at the 1979 Night Of Champions (Mike Mentzer was third).

The 1981 Mr. Olympia won by Franco Columbu remains the most controversial in history. Most think Columbu shouldn't have won. But who should've? A strong case can be made for the Giant Killer, who came in thoroughly peeled at 150 pounds. He sacrificed fullness to reveal deep cuts, but in a lineup devoid of a clear victor he was arguably the best choice. The judges disagreed. They placed him fifth. He last competed in the 2000 Masters Olympia. This list is alphabetical, but if it had a No. 1 it'd be Danny Padilla. He is the greatest bodybuilder of the modern era who never won a pro show. **FLEX**

PADILLA'S CALF ROUTINE

EXERCISE	SETS	REPS
Standing Calf Raise	5	15
Donkey Calf Raise	5	15
Seated Calf Raise	5	20

MOHAMMAD: CHRIS LUND



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PAGE 196

L.A. FITEXPO

THE INDUSTRY'S BIGGEST STARS TAKE OVER LOS ANGELES

2014 Mr. O runner-up **Kai Greene** earns rave reviews in his new gig as...an inspirational voice-over artist? PAGE 194

Take a walking lunge down memory lane with a career recap of bodybuilding's first queen, **Rachel McLish.** PAGE 208

RON AVIDAN

THE MINDSET OF A CHAMPION

KAI GREENE'S WORDS OF WISDOM INSPIRED AN UNLIKELY AUDIENCE

What does it take to get to the top?

Talent? Hard work? Or is there an intangible factor that only winners possess? These are questions every athlete must face sooner or later in his or her quest to become a champion. One man with his own unique perspective on the subject is IFBB pro Kai Greene, who recently shared it with...football fans?

In the lead-up to Super Bowl XLIX, the gridiron world met the iron world in a series of highly memorable video spots featuring Greene's inimitable narration against a backdrop of highlights from the NFL's biggest stars. Aired during ESPN's *Postseason NFL Countdown* in January, they celebrated the game and the quest to be the absolute best.

The online reception was overwhelmingly positive, and it's likely that more than a few football fans searched "Kai Greene" to find out more about the man behind the inspirational words. While the Predator, who finished as runner-up in the past three Mr. Olympias, tries once again to realize his goal of winning his sport's highest honor, we will see if he can make one of his more memorable quotes finally come to fruition.





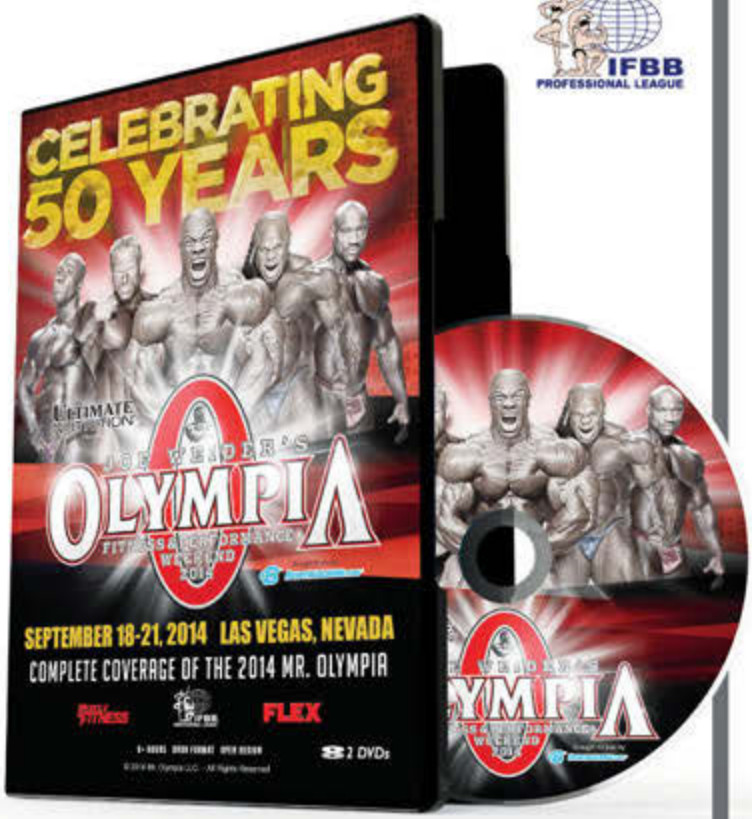
"EVERY CHAMPION WAS ONCE A CONTENDER WHO REFUSED TO GIVE UP."
—KAI GREENE



JASON BREEZE; COURTESY OF ESPN







THE 50TH OLYMPIA–REVISITED

It was Round 3 of Phil vs Kai, and the Gift prevailed to make it four Sandows in a row; Flex Lewis tied the lighter-division record with his third 212 Showdown title; Nicole Wilkins proved that when it comes to figure at the O, hers remains unmatched; Oksana Grishina was coronated the new queen of fitness; and much more transpired as the biggest event in body-building celebrated its 50th annual rendition. Relive it all with the official DVDs of the historic 2014 Joe Weider's Olympia Fitness and Performance Weekend. Shot in high definition, they show every muscle striation and highlight from the Olympia Expo, the press conference, and other bonus footage. That's more than six hours of action spread over two discs.

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PHOTOGRAPHS BY RON AVIDAN



2015 FITEXPO

FEB. 7–8, LOS ANGELES, CA

1 Four-time reigning Mr. O Phil Heath lets the fans know who's still No. 1. Will he make it five in a row come September?

2 Kim Oddo surrounded by his Angels.

3 BodySpace spokesmodel winners Kristina Olson and Raynor Whitcombe.

4 Legendary four-time Arnold Classic champ Flex Wheeler, looking fit and content.

5 Shawn Rhoden took third at last year's O and won two contests, but we think he's happier having Larissa Reis on his arm.











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6 The line to see inaugural Olympia Women's Physique champ Dana Linn Bailey was one of the longest of the weekend.

7 "Yeah, buddy!" Eight-time Mr. O Ronnie Coleman still can't resist the urge to flex.

8 Tamer El Guindy wants you! But you'd probably rather spend time with his fiancée, Candice Perfect.

9 The real reason the FitExpo attracts such large crowds.

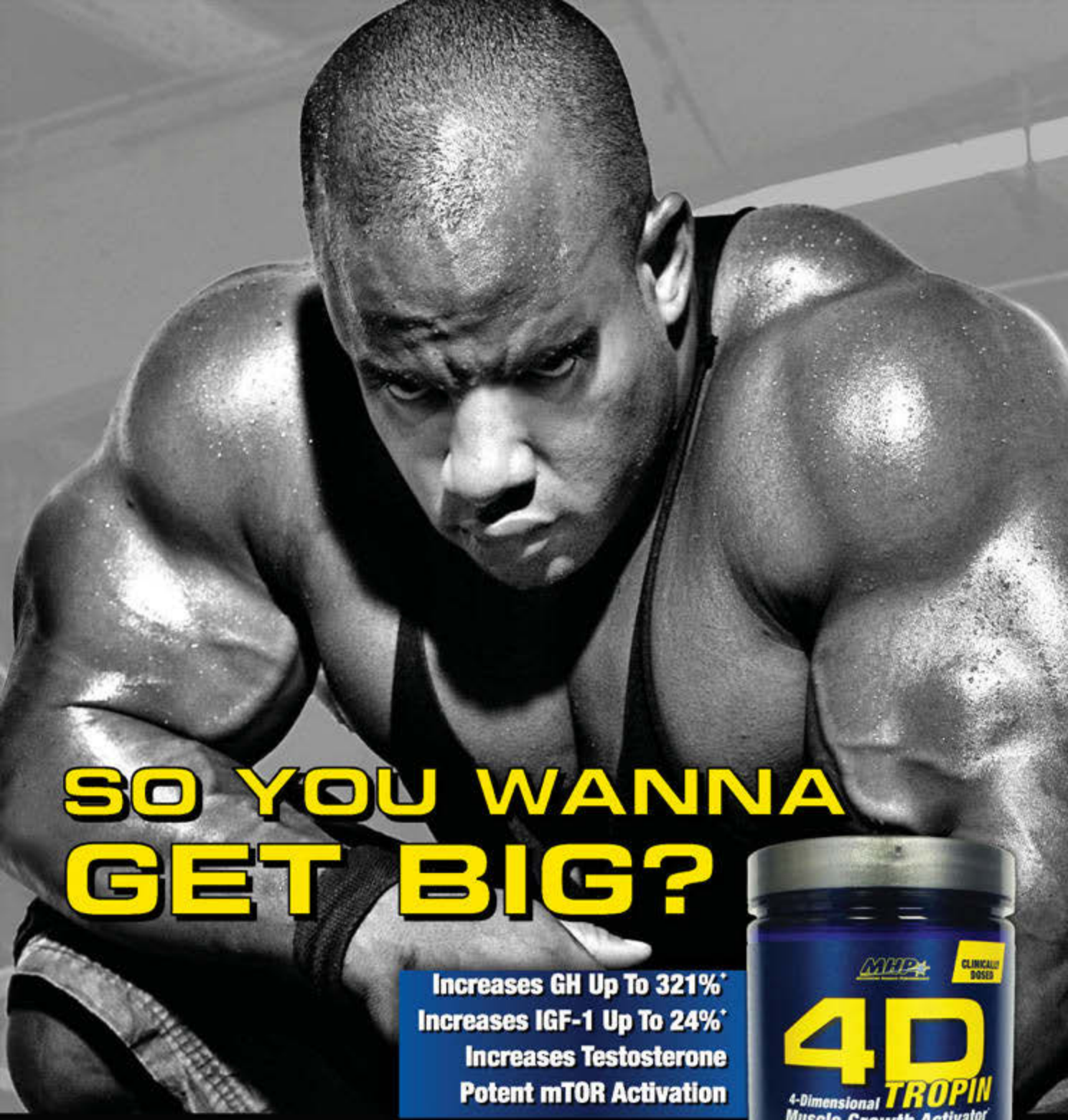
10 Jerome "Hollywood" Ferguson doing his thing.

11 John Balik and Lonnie Teper with overall winners.

12 Top men's physique competitors pay tribute to the late Greg Plitt.

13 Sadik Hadzovic still smiling after his runner-up finish at last year's Olympia Men's Physique Showdown.

14 Another four-time Mr. Olympia? Jay Cutler still proves he's body-building royalty.



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16 Dr. Jim Stoppani, a man who truly lives what he preaches. Trust us, Doc really is as smart as he looks with those glasses.



17 Girls just want to have fun! And we love it when they do.



18 They don't call Ben White "the Showstopper" for nothing.



19 The first Olympia Men's Physique Showdown winner, Mark Anthony Wingson.



20 Christie Marquez may have put her finger on just one of the many assets Narmin Assria uses to turn heads wherever she goes. (The same can be said of Christie.)

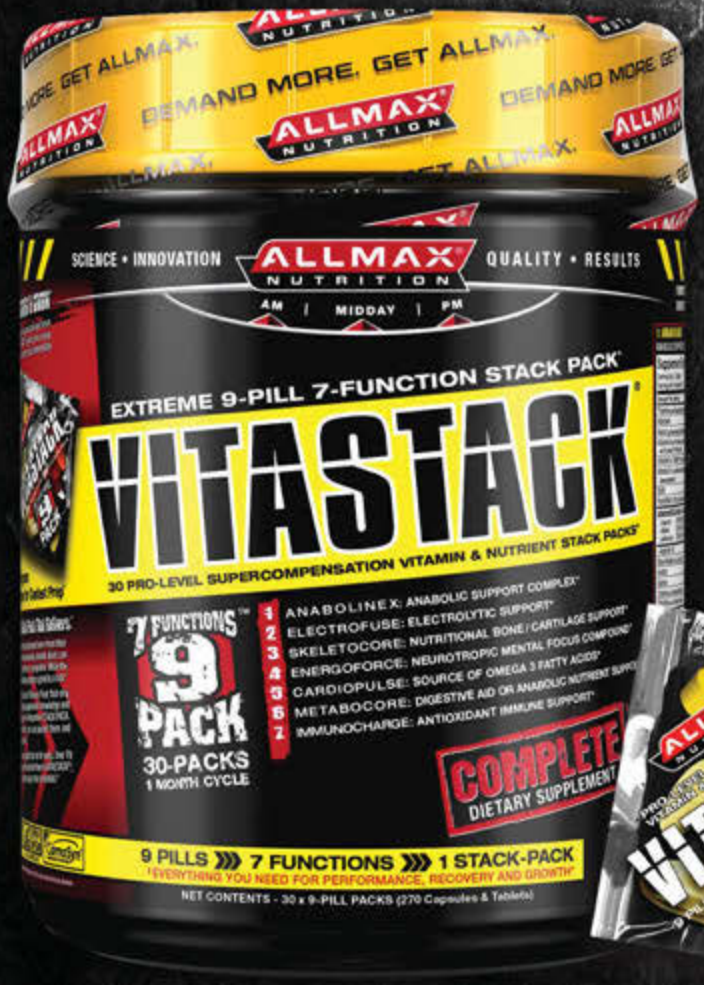


21 2010 FLEX Bikini Model Search winner and IFBB bikini competitor Alexandra Zerega.



22 Fit DJ Lauren Pappas keeps the place—and our hearts—thumping!

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